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Veteran to give back to cause

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‘Aberdeen seafront needs its very own lifeguard’

Surf instructor on swim safety

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Hammer killer ‘could die in jail’

Domestic abuser sentenced for murdering partner earlier this year

BY DAVID MCPHEE

A DOMESTIC abuser who bludgeoned a mum-of-three to death in an Aberdeen flat may never be released from prison, a court has told him.

Joseph Greer was given a life sentence at the High Court in Dundee yesterday for the murder of Samantha Lee at a Bedford Road property in January 2026.

Lord Renucci told Greer during the hearing that he would serve a minimum of 22 years in prison, but added that he “may never be released”.

Greer also previously admitted assaulting Samantha with a phone in October last year.

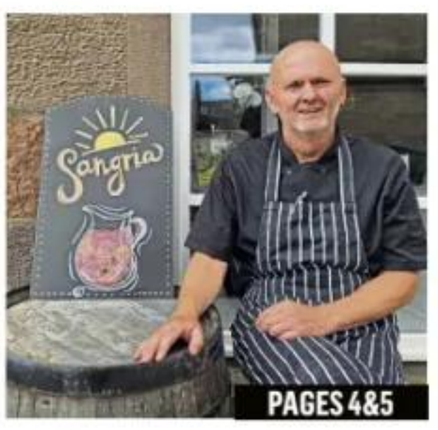
He was on bail for that incident, on condition he not approach his partner, when he killed Samantha.

Laura Buchan of the Crown Office and Procurator Fiscal Service said: “Samantha’s death is a stark reminder of the devastating impact violence against women and girls can have.”

Full story: Pages 8&9

Petition to council over ‘war zone’

Page 6



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‘Locals keep our eatery in business’

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WEEKEND EDITION

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Businesses aim to boost buzz across Banchory
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Veteran repays charity for help as illness struck
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Art club draws young and old to heart of city
Pages 34-35

Plan to restore pioneering doctor's grave
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7 THINGS TO DO THIS WEEKEND

Enjoy a refreshing drink and bite to eat at the Sausage and Cider Festival.

Celebrating the centuries, making a map, or enjoying a sausage and cider festival are just three of seven events being held not too far away that we think could tempt you to get out this weekend.

KICK BACK AT THE KEITH SHOW

Now in its 152nd year, the Keith Show takes place in Seafield Park today and tomorrow,

There is a whole host of agricultural competitions, as well as Highland dancing, a dog show and, tomorrow, performances by the Les Amis Stunt Team. There will also be trucks and vintage tractors on display.

The show also includes a funfair and trade stands and, tomorrow, also hosts the fast and furious sheep shearing. The beer tent boasts a full programme of live music on both days

Open 8am until 5pm on Saturday and 8am to 6pm on Sunday.

FUN FOR ALL THE FAMILY

Eden Court is holding a free family fun day today starting at 1pm.

The afternoon is packed, starting with interactive children's show Circus Celebration, followed by party games and a dance party. There will then be live music courtesy of Liam Ross, and bingo.

Organisers have also arranged for a bouncy castle, story and music corners, green screen trials, and wildlife walks with the Scottish Wildlife Trust.

Packed lunches and party snacks are available if all that fun works up an appetite.

And just in case the weather takes a turn for the worse, there is a tent to keep everyone dry.

BALLATER VICTORIA WEEK

The annual Ballater Victoria Week community festival starts today with a whole schedule of events for people of all ages.

The festival kicks off with the scarecrow trail, a pop-up soft play, book sale and the Big Pig grand opening today, while tomorrow features the Fayre on the Ballater Church Green, live music, and a flea market.

Visit ballatervictoriaweek.co.uk for the full programme of events.

OUT WITH A BANG

The Sausage and Cider Festival is taking place in Aberdeen's Hazlehead Park today featuring 30 different types of cider and 20 flavours of sausage.

There will also be a silent disco, axe-throwing, an eating competition and Rockaoke – the UK's biggest rock karaoke.

For the little ones, the children's tent will entertain, and there are science and circus workshops.

TAKE A TRIP BACK IN TIME

Fort George, pictured, is once again set to host Celebration of the Centuries. During the weekend-long celebration, re-enactors will bring the fortress to life with a living timeline depicting more than 2,000 years of Scottish history.

Visitors can wander through the living history camps dating back to Picts and Romans and see how life would have been.

There will also be a First World War equestrian display from Les Amis Equine Stunt Team.

Open 11am to 5pm on Saturday and Sunday, entry is free for Historic Scotland members.

MAKE MAPS WITH WARRIOR CATS

Today, Waterstones in Aberdeen is making clan maps based on the book Warriors: Cats Of The Clans – Warriors Field Guide.

From 11am you can pop into the store at the Bon Accord Centre and make your own map using all the landmarks from the book – or just make up your own.

There will also be activity sheets and colouring.

And if Warrior Cats isn't your thing, you can draw a graphic novel scene and design your own Skellie guard from Bone Head.

TREAT YOURSELF AT BANFF FAYRES

August Banff Fayres at Banff Castle in Aberdeenshire is a great way to pick up something a little bit special and support local businesses.

From 10am to 2pm tomorrow, browse the open-air market, which includes a mix of artisan stalls and local food producers with the castle as a backdrop and the views over Banff Bay around you.

WEEKEND QUIZ

1. Amethysts are what colour?
2. "Los Rojiblancos" is the nickname of which Spanish football club?
3. The James Webb Space Telescope is set to succeed which famous astronomical device?

BOAT FIRM ODYSSEY
OEG

Aberdeen vessel had crucial role in Nolan blockbuster

BY ABBIE DUNCAN

An Aberdeen company's boat became one of the most important pieces of equipment on Christopher Nolan's set after being transformed for critical Imax filming.

OEG's crew transfer vessel Manor Enterprise spent months with the production, carrying the camera used to film The Odyssey's dramatic sea scenes in Greece, Italy and the Moray Firth.

OEG's commercial director of marine services Michael James said the company had no idea it would be working on a blockbuster film production when first approached.

Michael said: "In early 2025, through a broker, we were contacted about a company looking for a vessel for a project.

"At the time it was called Charlie's Tale, so they could keep it a secret.

"They were very secretive about who was involved and what it was about."

OEG's vessel was chosen because it was large enough to carry a specially designed Imax camera rig.

Engineers spent weeks modifying the ship to carry the camera system before it was sent by cargo ship to Greece to begin shooting.

Crews then spent months on the production, helping the director get the shots for the film.

Michael said: "It was quite interesting for the crew. It sounded quite exciting, Nolan was on board the vessel directing the film.

"There were no phones allowed and nobody could take pictures.

"We couldn't tell anyone we were involved because we were all under strict NDAs."

Even agreeing the contract involved lots of late-night Zoom calls with lawyers in Los Angeles to discuss the strict agreements in place.

Although OEG regularly works on offshore wind projects, Michael said the pace of the Hollywood blockbuster was unlike anything the team had experienced before. "There were a lot of tight deadlines, long days and really high pressure," he said.

"We had to modify the vessel and get it to Southampton in a couple of weeks so it could be loaded on to a cargo ship to the Mediterranean."

The fast pace of the film world became even clearer when the Manor Enterprise suffered an engine breakdown while filming in Italy.

Michael said: "We experienced a breakdown to the main engine and I have never seen anyone turn it around so quickly.

"Even in offshore wind, it's normally next day for a part.

"But that wasn't quick enough, so they organised for the replacement part to be driven across the country, then flew the technician by helicopter to where the vessel was.

"They work at a completely different level to make sure your job is done as quickly as possible and everything keeps moving."

OEG SKIPPER GETS ODYSSEY FILM CREDIT

Despite the vessel spending months with production, Michael said it was surprising seeing how briefly their work appeared in the film.

He said: "The sea scenes are actually quite short and a lot of it is filmed from the longship.

"The work we did probably doesn't amount to that much screen time, but when you think about how long we spent on the project, it's surprising.

"But I'm a big fan of Nolan films, so it was exciting to see us be part of something like this.

"When the trailers and bits of the film started coming out, it was quite cool thinking you're part of it.

"I went to see it on Sunday – it was spectacular."

Michael has also been watching behind the scenes footage to see glimpses of the Enterprise, and spotted the vessel's skipper in the film's credits.

"It was a unique project to be involved in," he added.

"We were one tiny part of it, but to be involved in something of this scale is really impressive."

KEY PART TO PLAY: OEG's crew transfer vessel Manor Enterprise helped Christopher Nolan to shoot The Odyssey; far left, Matt Damon as Odysseus and Zendaya as Athena.

4. How is the Shakespearean character Robin Goodfellow better known?
5. Achilles And The Tortoise is the best known of the famous paradoxes by which philosopher?
6. How many legs does a biped have?
7. Which US golfer (b.1970) is nicknamed "Lefty"?
8. What was the title of U2's debut album?
9. In which decade did General Franco, left, die?

10. Shoots from which plant are the main constituent of a giant panda's, left, diet?

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FARMING pullout
MAGAZINE & **FOOD DRINK** pullout

A cloudy day with clearing skies by evening.

Max: 18c Min: 13c

Full forecast on page 51

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Move to freight trains

In Thursday's P&J, an article entitled 'Firm's freight rail link is a win-win, says Flynn' stated that West Fraser's plans to move to freight trains would reduce HGVs on the A96 by 20,000. The correct figure is 10,000 and also includes the A9. We are happy to correct this and apologise for any confusion caused.

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Restaurant proves to be a global hit with diners

BY LAUREN TAYLOR

Tourists from across the world have been booking tables at Casa Luisa ahead of their visit to Stonehaven.

Just last week, owner Sergio Ruiz received a reservation from visitors travelling from Houston, Texas, in September.

Despite the growing international attention, Sergio insists the restaurant's success has been built on the support of local customers.

Sitting at a window table looking out over Market Square, the restaurateur reflects on why he chose Stonehaven for his Spanish dining venture and how the community helped turn a long-held dream into reality.

More and more tables are being seated for a busy lunch service as Sergio tells how he moved to the north-east with his family almost seven years ago.

Wife Annmarie, who is originally from Glasgow, relocated to the area for work in the oil and gas industry, and the family quickly fell in love with Stonehaven.

And while the 49-year-old says opening a restaurant has long been a dream of his, finding the right premises in the town proved to be difficult.

In the meantime, Sergio opened Picos Deli on Allardice Street where he sells Spanish wines, produce and bocadillos (Spanish sandwiches).

When a unit on the corner of Market Square popped up, he grabbed the opportunity with both hands.

It took two long years after securing the perfect spot before Sergio could open his dream restaurant.

"I couldn't manage to open," he admits.

"I was focused on Picos, but I didn't want to lose this location.

"A lot of people were asking why I wasn't open yet, if I needed a partner.

"I said, 'No, I don't need anything, I know what I'm doing and when we are ready we will open'.

"Then before December I was like, 'OK, we need to just open now'."

Looking back, he has no regrets.

"It was 100% worth it," he says with a smile.

Named after his mother, who still lives in his home town of Jerez de la Frontera in Andalusia – often described as the world capital of sherry – Casa Luisa centres on authentic Spanish food and drink.

Every bottle of wine is imported from Spain, while the ingredients used throughout the menu also come from there.

But Sergio confides that he was not sure how customers would respond to his authentic cooking.

"We weren't sure if people would like it or not when we opened," Sergio says with a shy smile.

"I was sure people were going to try and not come back, but then we realised there were familiar faces.

"Now they have been in many times."

These days, Sergio's focus is firmly on Casa Luisa, leaving Picos in the hands of a trusted team while still keeping a close eye on his first business.

The two complement each other, with many customers popping into the deli after their meal to buy the wines, meats and other Spanish products they have just enjoyed in the restaurant.

But running two businesses means long days. Sergio regularly works 13 and 14-hour shifts, helped by what he describes as a team of "great young boys" in the kitchen and the support from Annmarie.

His only full day off is Sunday, when he swaps the kitchen for the football pitch to watch son Mateo play before enjoying some family time.

But despite the hard work and challenges that hospitality brings, Sergio loves what he does and would not change it now.

The cosy restaurant on Market Square is becoming busier all the time.

People regularly travel from Aberdeen, Portlethen and Westhill for his Spanish cooking, while

word of mouth has also brought diners up the A90 from Dundee.

Now holidaymakers from Europe and even as far as the US are planning trips to Stonehaven and booking tables weeks and even months in advance.

For Sergio, there is particular satisfaction in the chance to welcome fellow Spaniards through the door.

Hearing Spanish visitors describe the food as authentic is among the greatest compliments he can receive.

While visitors arriving from as far as Texas are also a source of pride, Sergio says it is the loyalty of local customers that matters most.

"We know the community and everyone," he adds.

"The locals have been a great support for us.

"It's getting busier and busier, and some nights many of the tables are full of regulars.

"Without them, we wouldn't manage."

Less than a year after opening, Casa Luisa has already earned recognition through two Heart of the High Street Awards nominations.

The restaurant has been shortlisted in the warm welcome category, while Sergio is in the running for outstanding individual.

"It was a nice surprise," he says with raised eyebrows.

Known for moving between tables to chat with guests and gather feedback, Sergio believes offering something different has helped the restaurant find its place in the town.

"We do something different," he says.

"And that's better for Stonehaven because there's more choice in general.

"It's good for the local people who don't have to travel.

"I'm so proud. From nothing, we are delivering something so nice and the feedback from people is always really, really good the longer we do it."

You can vote in the Heart of the High Street Awards 2026 at engage.aberdeenshire.gov.uk. The polls close on August 30.

ACCLAIM: Sergio Ruiz has seen visitors from Europe and the US booking tables months in advance at Casa Luisa, left.

Man appears in court accused of 'murder bid'

Police cordoned off part of Bedford Road last Saturday.

A man has appeared in court accused of attempted murder in Aberdeen.

Emergency services were called to a property on Bedford Road at about 2.40pm last Saturday.

Police confirmed a man had been found injured and was taken to hospital for treatment.

A 25-year-old man has now been arrested and charged with attempted murder.

Michal Balinski, whose address was given as Aberdeen, made no plea to the charge of assault to severe injury, permanent disfigurement and attempted murder.

He also faced a second separate charge of assault to severe injury.

He was remanded in custody and will appear in court again within the next five days.

Officers cordoned off part of Bedford Road last Saturday afternoon while an investigation was carried out at the scene.

Forensics teams were seen coming and going from the building while an officer stood guard at the entrance.

A police presence remained on the street for several days, with inquiries also carried out across the city.

A police spokesperson said: "A 25-year-old man has been arrested and charged in connection with an attempted murder in Bedford Road, Aberdeen, around 2.40pm on Saturday August 1."

An ambulance service spokesperson said: "We received a call at 2.35pm on Saturday August 1 to attend an incident on Bedford Road, Aberdeen.

"We dispatched an ambulance and a rapid resuscitation response unit to the scene. We transported one patient to Aberdeen Royal Infirmary."

'Unexplained' death is investigated by police

Police are investigating the "unexplained" death of a man in Peterhead.

Emergency services were called to Ugie Road in the town shortly before 9am on Wednesday.

Officers sealed off a section of the road and asked people to avoid the area.

Two ambulances were also sent to the scene.

Police have now confirmed they attended following reports that a man had died.

His death is not believed to be suspicious.

A police spokesperson said: "Around 8.50am on Wednesday August 5, we received a report of the death of a man on Ugie Road in Peterhead.

"The death is being treated as unexplained but is not believed to be suspicious.

"A report will be submitted to the procurator fiscal in due course."

An spokesperson for the ambulance service said: "We received a call at 8.48am to attend an incident on Ugie Road, Peterhead.

"We dispatched two ambulances to the scene."

THE PRESS AND JOURNAL
Saturday, August 8, 2026

Residents lament decline of once sought-after area

BY KIRSTIE TOPP LOCAL DEMOCRACY REPORTER

Hazlehead residents have sent a petition to Aberdeen City Council calling for urgent action to stop rising antisocial behaviour in their once peaceful neighbourhood.

The frustrated locals say there has been an increasing amount of disruption in and around Provost Graham Avenue in recent times.

Determined to bring an end to the "constant" disturbance, a petition was set up appealing for the local authority to step in and stop the issues from getting worse.

They claim ongoing problems include "frequent" shouting and loud music that blares out at 4am keeping others awake, while residents say large and "dangerous" dogs are being walked unmuzzled.

Meanwhile, rubbish, discarded furniture and broken glass are often left lying around the streets creating an "unpleasant, unsightly and unhealthy environment".

The commotion is said to have become so bad that many residents are putting their homes up for sale and want to leave the area.

And one leading councillor has likened it to a "war zone".

I visited the area to speak to some residents, who asked to remain anonymous out of fear they will be threatened, and to see the issues for myself.

As I arrive on the street, I see a number of boarded up windows that have apparently been that way for months.

I'm told that glass on doors of the surrounding flats is often smashed, while the front door locks are broken creating a serious security risk for those living there.

There is also mess around communal bins, one of which was set on fire months ago and has never been replaced.

One resident has lived in the neighbourhood for 40 years and is worried the "disproportionate mayhem" will affect youngsters living nearby.

They also fear the ruckus could have a knock-on effect on pupils who attend Hazlehead School – which is just metres away.

"Both my grandchildren go there and I'm terrified that they see it," they said.

"There's a lot of retired people and families live here, but there's more good in this neighbourhood than there is bad, it's just a handful of people causing a problem.

"Before I could go out to the shop and not lock my door, we just want the community to go back to what it was."

Their neighbour, who has called Hazlehead home for 25 years, tells me there has been a "massive decline" in the suburb recently.

"This area used to be sought after," they explain.

"Once people moved to Hazlehead, they weren't looking to relocate and there was a feeling of pride.

"When I told one of my colleagues I'd got a flat in Hazlehead, she said 'Oh, you'll be set for life there'.

"And now, we want out of there, it's such a shame."

As well as noise and vandalism, there is another big and worrying problem residents say they are having to live alongside.

"We've had drug paraphernalia left on the stairs – spoons, syringes, needles and all the rest," the resident states.

"The primary kids sometimes walk home to surrounding areas and they're having to walk through needles."

They added: "When I first moved in, the whole area was immaculate – the grasses, the gardens, the bins, everything.

"And then gradually, whether it's because of funding, I have no idea, but it has gone down really fast and recently, it has got worse."

Another resident, who has lived on the street for decades, bluntly said: "I've had enough."

The disturbance is so bad that police cars are now a regular sight on the Hazlehead streets, according to those who live there. One concerned resident explained: "There's never a day goes by that you don't see the police going round.

"Yesterday, they were here three times."

Another local told The P&J: "There was a spell where they were never away from the block of flats.

"I once said to one policewoman she'd be as well sitting on the stairs and I'd get her a coffee and sandwiches as she'd be back here within an hour.

"And right enough, the minute they got in their car it all kicked off again."

The residents feel deflated as they say they do not get any support from the local authority.

One said: "There is a lack of communication and feedback. With the number of complaints being put in, we get no feedback from any of them.

"There's a serious lack of support, it's just soul-destroying and we're at the end of our tether."

Another defeated homeowner added: "Buy ear defenders, move or sell – that's the answer we get, and they tell us it's happening all over Aberdeen."

One resident, who rents a council property, admits if they were offered another flat somewhere else they would flee Hazlehead, but they are aware of the problems that could await.

"The only thing is, do I move from one area to another and it's just as bad?" they stated.

Meanwhile, another explains that Hazlehead is the ideal location for them and a move would never be on the cards.

"I'm not moving anywhere, why should we have to move?" they said.

"I intentionally moved here to this area so there's no chance, not a hope."

Councillor Martin Greig met with the residents and has asked local authority chiefs to take action to tackle the ongoing problems.

He has asked for potential rehousing, enforcement action, cleaning, repairs and even installing CCTV.

The ward councillor said: "Residents feel vulnerable and abandoned.

"This was a lovely area spoiled by the misbehaviour of a small group.

"Residents have a right to a peaceful home life and I am deeply frustrated that people feel so frightened in their own area.

"Sometimes it is like a war zone and the situation for residents is described as hellish."

He added: "This is 100 metres from Hazlehead Primary and not far from Hazlehead Academy. Pupils are at risk."

Aberdeen City Council has been contacted for comment.

PLEA FOR ACTION: Locals have told of their frustration over antisocial behaviour in and around Provost Graham Avenue, where police are now a regular sight, and many people are wanting to leave the area. Picture by Darrell Bens.

NEAR MISS: Ross Jackson, Ines, Francisco and James.

Dad's fear for sons over illegal scooter

BY CHRIS CROMAR

An Aberdeen dad has said he is "put off" going to Duthie Park after his 20-month-old son was nearly knocked down by an illegal e-scooter.

Ross Jackson was with his wife, Ines, and sons Francisco and James, 4, at the popular Aberdeen park on Sunday.

It is a regular haunt for the family as they live less than a mile away in Ferryhill.

Francisco was running on the footpath in front of the Winter Gardens when his dad had to quickly take action.

The dad-of-two, 36, told The P&J: "I just turned round and saw this guy on an e-scooter with a balaclava. He was weaving in and out at high speed.

"I caught Francisco just seconds before he came flying past. I've absolutely no doubt in my mind that if I didn't grab him he would've kept running and collided with that e-scooter."

The "infuriated" dad said the male on the scooter looked to be about "13 or 14". He and Ines, 36, called after him but he showed no remorse, and instead swore at the couple.

Ross added: "He sort of stopped and then he shouted and burst out laughing. His wee pal was laughing, thinking it was dead funny what he said to me. He shot off on his bike across the park, the thing was going at some speed."

Incensed at what had happened, the family left the park shortly after.

Ross said: "I was angry and I was embarrassed as well, because everyone saw the guy shouting at me and there was nothing I could do about it." He reported the incident to the police.

He also contacted Aberdeen South MP Douglas Lumsden to raise concerns about e-scooters.

He said: "I've taken it quite personally. This is not the first time something like this has happened, this is just the first time it almost affected one of my loved ones, which really infuriated me." He added that the incident has made him "paranoid" and has put him off taking his children to the park.

After hearing about the incident, Mr Lumsden has written to the police calling for targeted patrols in areas like Duthie Park.

The MP said: "I was horrified to hear of the near miss involving a toddler and an e-scooter in Duthie Park, exposing the terrifying dangers these pose to our children when travelling at high speeds.

"I am increasingly concerned that, without effective enforcement and a change of the law, a pedestrian will be seriously injured or killed."

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Saturday, August 8, 2026

Hammer killer told 'you

BY DAVID MCPHEE

An Aberdeen domestic abuser who murdered his partner with a hammer was yesterday handed a life sentence – and warned he may never be released.

Joseph Greer, 40, appeared via video link at the High Court in Dundee for sentencing after he admitted killing his longtime partner Samantha Lee, 54, at a flat on Bedford Road.

After the killing, in January this year, the cold-blooded murderer confessed to a friend: "Samantha is dead. She is in the kitchen."

Greer – who was wearing an electronic tag at the time – also admitted beating the mum of three unconscious with a telephone receiver on October 14 2025.

It was stated that Greer murdered Ms Lee, whom he'd been in a relationship with since 2021, by repeatedly striking her to the head with a claw hammer.

Handing down a life sentence, Lord Renucci told Greer he would serve a minimum of 22 years behind bars, but warned he "may never be released".

The judge told Greer that his violent actions that day had "deprived three children of a much-loved mother" and would leave "a large void in their lives".

Lord Renucci added that Greer's attack with a hammer, or similar implement, had caused "extensive fracturing" of Ms Lee's skull.

"You told the author of the background report that following your assault on Ms Lee in October 2025, you had regular thoughts about killing her, though you had not formulated a plan for doing so.

"Anything that can be said on your behalf is outweighed by the sheer gravity of your offending.

"You are no stranger to the courts or indeed to violence.

"The only sentence for murder is fixed by law and that is life imprisonment."

Just days before her murder, it was stated that Samantha had told a friend on Facebook that she feared Greer was "going to kill her".

A few months before the fatal attack, Greer – originally from the Coventry area – was captured in graphic mobile phone footage assaulting Samantha at a phone box on George Street.

The October 14 video, taken by a passer-by, showed Greer on top of his screaming partner as he repeatedly struck her with the phone handset.

Referring to that incident, Lord Renucci said in court: "Even the fact that you knew you were being filmed did not deter you from continuing the assault.

"Instead, in what can only be described as a prolonged, sustained and vicious attack, you carried on, punching and striking her on the head with a telephone handset as she lay defenceless on the ground.

"The attack was as shocking as it was cowardly, and if you were prepared to act like that in the middle of a public street, in the knowledge you were being filmed, then the horror of what must have occurred when you went on to murder Miss Lee in the privacy of your own home does not bear thinking about."

Greer was arrested for that attack and appeared in court the next day.

He was eventually bailed on the condition that he did not go near Samantha.

Greer was also put on a curfew, resulting in him having to wear an electronic tag.

Prosecutor Graeme Jessop KC previously said the exact time or date of the murder was not known.

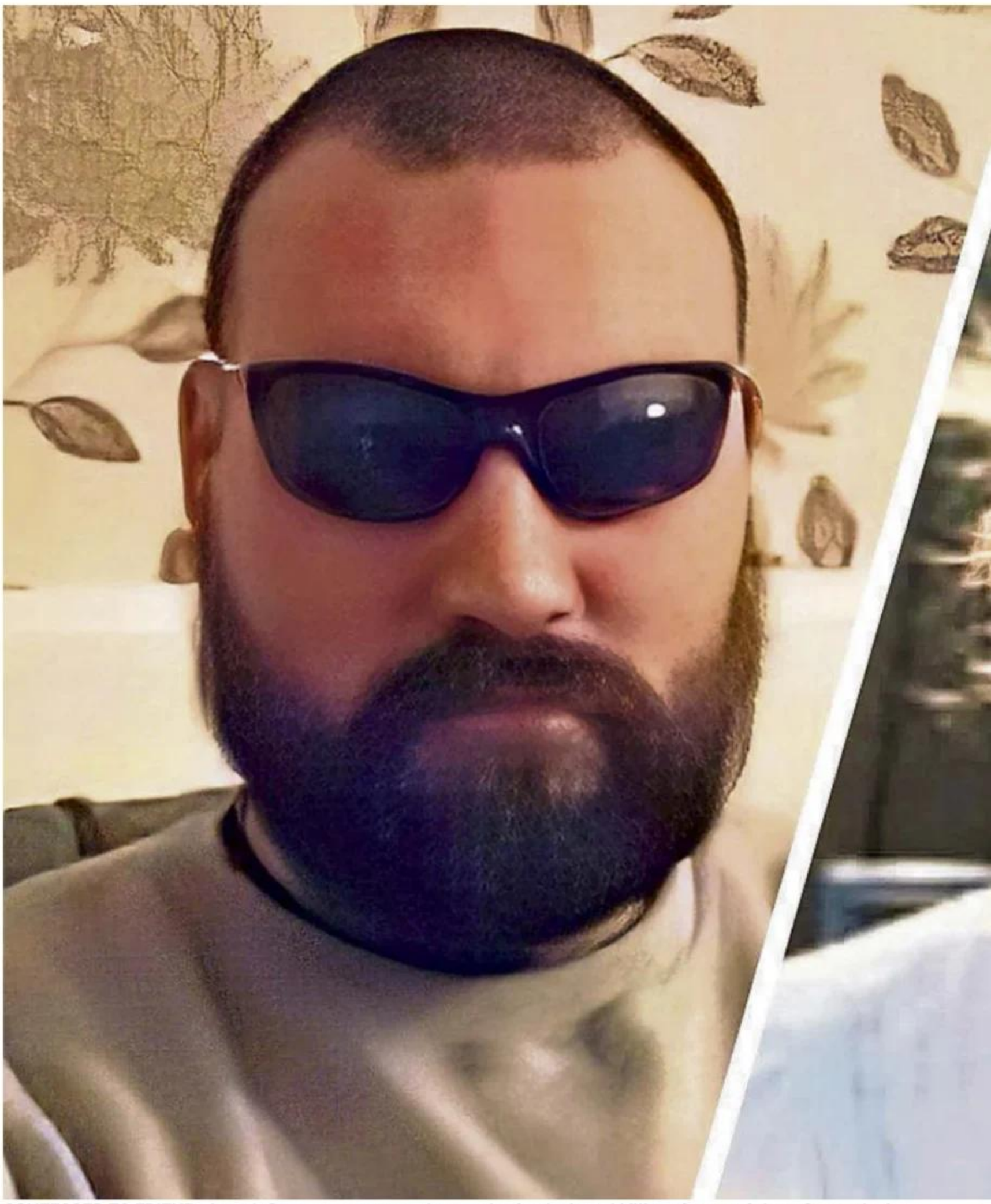
But it emerged that Samantha had contacted a friend via Facebook last December 31, saying that she feared Greer was "going to kill her".

The mum was last seen on CCTV at a local shop on New Year's Day and had also spoken to one of her daughters on the phone.

A friend of Greer visited him at his Bedford Road bedsit on January 4.

It was there that the killer initially stated to the friend: "I have something to tell you."

The other person went on to make the grim find of Samantha's body in the flat.



CONFESSED TO FRIEND: Joseph Greer was sentenced yesterday for the brutal killing of mum-of-three Samantha Lee,

This individual was so concerned that he stayed at the scene, but Greer left the block.

The court was told Samantha had suffered a series of blunt force head injuries, including fractures.

No weapon was found, but Greer had earlier told a friend that he owned a claw hammer.

Greer was later arrested elsewhere in Aberdeen.

Forensic evidence also linked him to the murder.

Mr Jessop said the killer – previously jailed for violence – had been on a total of three bail orders at the time.

Defence advocate Tony Lenahan KC told the court that his client – whose only foray into employment was a short stint as a security guard – had had a "long and abusive relationship with alcohol".

"His best evaluation of what went so badly wrong in taking Ms Lee's life is that for these last few years he has been relentlessly accumulating and storing negative emotions," Mr Lenahan said.

He said the death of Greer's father had compounded the "making of the ruin of his life" and "general low mood".

"By December 2025, he was a pressurised vessel of unhappiness, anger and grief of his recently deceased father and the hopelessness in his life," Mr Lenahan said.

He added: "The sight of the true horizon was increasingly obscured by his toxic relationship with alcohol and his low mood, and so it was at that time that he was losing control of his life.

"The telephone kiosk assault was over nothing,

may never be released'

by repeatedly striking her to the head with a claw hammer at a flat on Bedford Road.

and he didn't know how bad it really was until he watched it on the screen.

"It will be poison to the ears of those who have lost Ms Lee to hear that he did value the relationship.

"Exactly why he killed her – this rare positive in his life – he cannot presently articulate.

"His best sense is that the whole vat of his unhappiness ruptured in that terrible violence."

Laura Buchan, legal director at the Crown Office and Procurator Fiscal Service said: "Joseph Greer carried out a brutal and sustained attack on Samantha Lee before failing to raise the alarm. This is a tragic case where domestic abuse escalated to murder.

"Samantha was a much-loved mother, sister, auntie and nanny.

"Her family have lost someone who meant so much to them, and they have been deprived of years of precious memories together.

"Samantha's death is a stark reminder of the devastating impact violence against women and girls can have.

"Scotland's prosecutors will continue to use every legal tool available to hold those responsible for domestic abuse to account."

Greer, who had history of violence, bailed just 18 days before murder

Joseph Greer had an extensive history of violent offending and was bailed by a sheriff just two weeks before he brutally bludgeoned his girlfriend Samantha Lee to death, The Press and Journal can now reveal.

Greer has served prison time for assault and battery and was subject to three bail conditions not to approach Ms Lee.

He was released from custody by Sheriff Eric Brown 18 days before he killed Ms Lee.

The decision, taken despite lawyers for the Crown Office and Procurator Fiscal Service opposing bail due to Greer's long record for violence, harassment and breaching court orders, saw him back on the street less than 24 hours after being arrested.

It can also be revealed Greer was granted bail eight days after he savagely assaulted Ms Lee with a public telephone receiver.

The Crown also opposed bail on this occasion.

The assault, witnessed by a member of the public, lasted more than eight minutes, with Greer heard to make repeated threats to kill Ms Lee.

Baroness Katy Clark MSP, who has campaigned against violence towards women and girls, said: "The Bail and Custody Bill passed by the Scottish Government back in 2023 caused significant concerns among victims' rights groups who highlighted the risk repeat offenders could be released on bail.

"The repeal of a presumption against bail for those accused of violent, sexual and domestic abuse offences where they have a previous conviction of a similar nature was a step taken despite the views of organisations like Scottish Women's Aid and Victim Support Scotland.

"I brought forward amendments to the bill to address some of these concerns, but these were rejected. Considering the murder of Samantha Lee, it's clear the issue must be revisited."

Dr Marsha Scott, chief executive of Scottish Women's Aid, agrees Ms Lee was failed by the wider system, but also believes a lack of trust in the services provided to domestic abuse victims often sees them failing to engage with much of the support on offer.

On many occasions, a lack of engagement with police and social workers can be viewed as a lack of compliance, which ultimately impacts the extent of help offered.

"I guess part of what's difficult about this is that it's got all the stereotypical elements – alcohol, poor mental health, a violent offender," Dr Scott said.

"So, everybody's going to point to different things as causal factors. But the causal factors essentially are a system that is insensitive to domestic abuse.

"Most women don't get murdered. But many get traumatic harm as a result of this insensitivity.

"I so wish I was shocked by this case. But I'm not.

"Whether she would have accepted help from the support services is irrelevant. If he hadn't been on the streets, he couldn't have killed her.

"It sounds to me like she was a vulnerable victim to everybody's view from the very beginning, and we have special obligations to vulnerable victims and witnesses.

"So that would be one of the first questions I would ask of police and of the sheriffs: under what circumstances did you think your decisions were making this woman safe?

"It is exactly this kind of complicated case where people (within support services) make attempts to help, but the attempt to help is not the important thing – it's the outcome. And if women aren't safer, then your practises are failing.

"It is very much within our experience that courts misunderstand at best, and at worst minimise, the danger domestic abuse perpetrators pose to women and children – that's an attitude that's been in place for centuries.

"But in Scotland, and within our existing legislation, it's not acceptable. And this case was probably a bit more obvious than many of them because (Greer) had such a horrific history. And she was so vulnerable. So how you could miss the writing on the wall is just hard to understand.

"There's a pecking order of priorities, and violence against women and girls is way down when you look at where investment is."

A Scottish Government spokeswoman said: "Protecting victims and survivors remains our priority. That's why we have introduced a revised bail test so courts must consider the protection of victims when making bail decisions, legislated to strengthen confidence in the justice system and action taken to ensure police, prosecutors and the courts have the powers they need to bring perpetrators to justice.

"We recognise how important it is that victims can access the support. That is why we are investing almost £46 million over the next two years to prevent violence against women and girls and support survivors, alongside £2m this year for the Fund to Leave."

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WEEKEND FOCUS

PASSIONATE: Julia Fleming and her shop, Continental Cream in Banchory. Julia says the town has 'all the ingredients for a great place to visit'. Picture by Kath Flannery.

Businesses aim to boost buzz across Banchory

Bustling: Traders in the 'gateway to Deeside' believe busy town can be a go-to destination

BY LINDSAY BRUCE

Banchory. Less than 40 minutes from Aberdeen centre, it's a picturesque town with parks, pubs and a busy high street.

But is the historic burgh living up to its potential?

I spent an afternoon in the "gateway to Deeside" to ask traders what's working, what the challenges are, and what would help Banchory bustle all year round.

First task: find a parking space.

It's a sunny afternoon, when I arrive. Having just been to Balmoral for another work appointment, I'd already driven along the High Street earlier.

It was no less busy several hours later.

To my delight, I found Banchory has a feast of potential parking places.

There are several 45-minute maximum spots outside shops, two pay-and-display car parks (70p for one hour and up to five hours is £3.90.

By comparison, Union Square in Aberdeen is £4 for one hour and £9.60 for five hours.

In Banchory though, there are also two free car parks (75 spaces between them) and three car parks of small-medium size where "voluntary charges" apply.

I opted for a paid-for space next to the park, from where I noticed a queue outside Continental Cream ice cream and sweetie shop on Dee Street.

'PEOPLE COME FROM FRASERBURGH FOR OUR ICE CREAMS'

Sitting near an independent book shop, a coffee shop, a boutique home and gifts store and a takeaway, it's doing a roaring trade.

"Well, when it's sunny people want an ice cream," says owner Julia Fleming, who took over the business as a going concern in 2021 but Continental Cream has been a town mainstay for more than half a century.

"We have people coming from Fraserburgh and Peterhead because they know they'll get a great quality ice cream when they come to Banchory."

Julia is passionate about her town.

"There's no reason why Banchory can't become a destination for tour buses, with a bustling high street," she says.

"We've got all the ingredients for a great place to visit... plenty of parking, great places to eat and drink, lovely shops and tourist spots."

To that end, Julia and four other female business owners have re-established Banchory Business Association (BBA), which became less active during and after the pandemic, to form a more collegiate approach to putting Banchory on the map.

She's been joined by Leanne Rogers of Stinky Beasties, Laura Mearns of Northwood Estate Agency, and Jen Eddington of Deeside Stitches, to help promote the "gateway to Deeside".

"We hear a lot about Ballater and how it's booming – in contrast to how seasonal we are.

"For my business, I like to look at it as having two lives: a summer life and a winter life.

> "It can be a very long winter

"Our summer season lasts from March to October, and thanks to decent weather this year and last, my business is hoaching. But we change tack to make it through winter. Then we sell more of our artisan chocolate lines and gift items.

"But imagine if the whole town came together to put on markets or a Christmas fair? It could be fantastic for Banchory.

"We need to work together to make Banchory a 'must-see' destination."

To this end, plans are now afoot to get better signage so tour buses know there is ample parking "just for them" in the town.

But is Julia's optimism shared by other traders in the Deeside town?

Grant Anderson has recently taken ownership of Sheridan's the Butcher on the High Street, and has been part of the business for seven years. He has a second branch in Ballater.

"We have a busy main street, though I wouldn't say Banchory is a destination as such, the way Ballater is.

"But I certainly consider it very worthwhile being in Banchory despite there

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Dick and Theresa Taylor, in their High Street store, Taylors of Banchory; and inset below, Yeadon's bookshop.

Grant Anderson of Sheridan's the Butcher, Banchory.

Rosemary Michie of Country Ways.

also being a Tesco and a Morrisons.

"However, it can be a very long winter.

"It's great to be able to offer people high-quality produce from an independent shop, but there's no denying that business rates are high.

"Rates relief would help traders weather quieter times, and give them confidence to take on empty shops."

'HIGH STREET PARKING HAS BEEN AN ISSUE, BUT IT'S CHANGING'

Dick Taylor, proprietor of Taylors of Banchory for the past 43 years, is hoping a recent police initiative will help drive custom to the high street.

"There's been a long tradition," he says, "of people wanting to park right outside the shops on the High Street, regardless of how long they're supposed to be there.

"It means shops can become harder to get to for some, and people not familiar with the town might not know where else to park. If it looks busy, they'll maybe keep driving instead of popping in.

"However, the police have recently clamped down on it, and it seems to have worked. Cars are moving on whereas before they'd stay all day."

The Police Scotland drive, which also targeted parking on double yellow lines and incorrect use of disabled bays, had a measured impact.

A total of 64 fixed-penalty notices were issued during June.

Dick is joined by his wife Theresa when I pop in.

E.T. was showing in the cinema when the pair launched their luxury furniture emporium, which has expanded into neighbouring properties since it opened in the 80s.

"I'd like to see more retail shops, like a shoe shop maybe," Theresa says.

"Less charity shops?" Dick asks.

"No, I think they are a draw for people," Theresa adds. "In truth, I think we suffer from being a long High Street that's more of a through route than a stop-off, in terms of getting new customers."

Instead, regular, loyal customers are the Taylors' bread and butter.

"We have an incredible staff team, including Colin – our manager of 40 years – which means our customers know they will see a familiar face when they come in," Dick says.

"Covid forced us to develop the online side of the business quicker, which helps with trade, but I think there are spiking costs which make it hard for businesses. Increases to national insurance and rates have made a difference to the bottom line.

"I'd say on the whole Banchory is doing well, and people might be surprised what's here. There's certainly no shortage of cafes and coffee shops, and virtually no empty shops any more."

But for some traders, while the High Street appears bustling, sales don't reflect the footfall.

One shop owner, wishing to remain anonymous, expressed fears for the future of their business.

"I get a lot of people looking, but not so many buying. I don't know what the future looks like, if I'm honest."

Charlotte Carter of That Pancake Place told me she's started opening seven days a week to drive business and accommodate weekend customers.

Yeadon's of Banchory and Elgin said they experience an "ebb and flow of sales" day to day, but believe the cost of living has the biggest impact on book sales.

On the contrary, independent country and equestrian retailer Country Ways says they've seen encouraging growth at their Banchory store.

"We've actually expanded our team to meet demand," says Rosemary Michie, manager. And she's positive – like Julia – about the potential of Banchory.

"Banchory, like Inverurie, enjoys a really healthy mix of businesses," she says. "We have cafes, restaurants, a fishmonger, a butcher, DIY, fashion and healthcare.

"The public park and the River Dee walks nearby are also a huge draw. It's a great mix, and it's what brings people into the town and keeps them there. We're open seven days a week, and Sundays can be just as busy for us as any other day."

The shop has also expanded over two floors.

"We're still very much here for our core customers, but we're now welcoming tourists and people out for the day from Aberdeen or the wider region, and visitors from abroad."

'EVER-INCREASING COSTS ARE OUR MAIN CONCERN'

Rosemary says she's always considered Country Ways as a "destination store" after researching how customers get there.

"Ninety-five per cent told us they come by car, so ample, nearby parking is absolutely essential. Banchory town centre offers several great options for on-street parking, and that mix of free and low-cost parking is a huge convenience for customers."

It's a wholly positive account. I'm curious as to whether there have been challenges.

"The ever-increasing cost base is our main concern. But we're seeing very positive growth at Banchory, which is hugely encouraging.

"What worries me is how hard it has become for anyone to start up. The initial costs, rates, rent, energy... land on a new business all at once, before a single sale has been made. And that's before you've fitted out a unit or bought any stock. It's a lot to ask of someone taking a risk on a high street."

Citing The Press and Journal's Fresh Start campaign, Rosemary said she would welcome rates relief applying from day one of a property becoming empty, not just after six months.

"I've seen the problem first-hand. We recently looked at empty retail units with a pop-up shop in mind, and there was one site we simply couldn't take on, because the landlord didn't want to lose the six-month empty status needed before Fresh Start relief could be applied.

"That unit could have been occupied and trading by now. I believe the unit is still empty."

■ **Along with The Courier and The Sunday Post, The Press and Journal is asking the Scottish Government to amend business rates relief for vacant properties. At present, the Fresh Start policy gives businesses moving into units that have been vacant for six months rates relief for a year. We want this exception to apply to all properties as soon as they are vacant.**

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Teacher airlifted to hospital after crash

Kate Clarke didn't realise how much pain she was in until she got out of her truck following a terrifying crash.

The Turriff Academy deputy head teacher was driving near Banff when she had a collision with a campervan.

"I was driving home on a straight road at 50mph," she said. "A campervan pulled out of a junction in front of me."

The front of Kate's truck caved in while the campervan was knocked on its side.

"I was relieved when the people in the campervan got out OK," she said.

The 50-year-old was experiencing pain in her neck and chest. Luckily, an off-duty paramedic was passing and helped. Kate said: "She held my head to stabilise me."

Four days before the crash, Kate abseiled from the roof of Murrayfield Stadium to raise money for Scotland's Charity Air Ambulance. It was the charity's crew who flew her to Aberdeen Royal Infirmary for treatment.

"I couldn't believe the irony of having to need the service I had just been fundraising for," said Kate who suffered a fractured sternum and severe whiplash and was able to return to work after a month.

FATALITY: Jamie Forbes, right, fell to his death from a 12th-floor flat.

Report due in high-rise death probe

BY BRYAN RUTHERFORD

A fatal accident inquiry (FAI) into the death of a man who was tortured in an Aberdeen high-rise before falling from a 12th-floor flat window has concluded.

During a three-hour hearing yesterday, lawyers made closing submissions to Sheriff Principal Andrew Miller, who has been tasked with examining the circumstances of Jamie Forbes' death.

Mr Forbes was held captive by Lee Smith, 39, who kept his terrified victim in his flat and brutally beat him two days before he died.

Smith was convicted of culpable homicide and jailed for eight years.

Over three days of evidence earlier this year, the FAI examined the events leading up to the 37-year-old's fatal fall from a flat window at Elphinstone Court, Tillydrone, on January 15 2024.

The sheriff principal heard evidence that police may have missed several opportunities to find Mr Forbes alive despite repeated 999 calls and reports from witnesses.

Those claims were disputed during the inquiry, with officers taking to the witness stand and maintaining they acted on the information available to them.

The inquiry also heard that the officers spoke to numerous people, carried out door-to-door inquiries and had received conflicting witness accounts and inaccurate information from the police control room before deciding where to search.

During yesterday's submissions hearing, which took place remotely at Aberdeen Sheriff Court, six lawyers – including representatives for the police and the family of Mr Forbes – confirmed their previously submitted written submissions.

They also made final remarks to Sheriff Miller in an effort to help him understand the viewpoints of all sides.

When the sheriff publishes his report, it will answer the questions of where, when and how Mr Forbes died.

The report will also consider if any organisation could potentially make changes to their systems to minimise the chances of a repeat incident.

However, the FAI process is not designed to apportion blame.

At the conclusion of yesterday's hearing, Sheriff Miller said it "would take some time" to process the evidence and publish his determination, given the amount and complexity of the submissions.

He did not indicate when his determination would be published.

Jamie's family used the inquiry to call for lasting change, renewing demands for a "Jamie's Law" aimed at preventing similar tragedies.

Family home destroyed in major blaze

TRAUMATIC: The family has been left homeless following the house fire in Ellon.

BY ELLIE MILNE

A family of five are rebuilding their lives after a devastating fire at their home in Ellon.

Keith Findlay, who is a business and farming journalist for The Press and Journal, had minutes to leave his Kingston Gardens house with his wife Petra and their three children when it went up in flames at the end of last month.

They lost all of their belongings in the blaze and have been left homeless.

Since spending a few nights in an Aberdeen hotel, the family has had to move to and from temporary accommodation.

Now, they are actively searching for a more permanent rental that is close to 12-year-old Grace's school in Ellon.

Keith's other children are Keira, 21, and Patrick, 19.

"I really don't know what happens next," he told The Press and Journal.

"The long-term concern is where we're going to live.

"And in the meantime, we're paying the mortgage for a house that has burned down."

The local community has pulled together to donate clothes and other essential items to the family.

They have had to pack as much as they can into their car as they move to different rentals in the north-east.

"We are physically OK, but our emotions are up and down," Keith said.

"Especially the older kids, they've lost all their treasured possessions they've built up over the years, and sentimental items such as family photographs.

"My wife and I are trying to keep their spirits up but naturally they're quite traumatised."

On the day of the fire, Keith said he was awoken by his wife shouting from downstairs.

When he came into the living room, he was met with two "not insignificant" areas of fire.

He tried to extinguish the flames but it was spreading too quickly.

"I thought there is nothing I can do," he said. "So, I took a snap decision and said we had to get out of the house.

"We all came out in what we were wearing. We had no shoes on."

Patrick had brought his phone and they were able to call the emergency services as they all left the house.

Firefighters battled the blaze for several hours after being called at about 5.30am on July 24.

Four appliances and a high-reach vehicle were sent to the scene at the height of the fire.

The five family members were taken to hospital by ambulance to be treated for smoke inhalation.

"We're grateful that we're all OK health-wise, and thankful for all of the support from the community," Keith said.

"It's heartwarming."

One of Keira's friends has set up a GoFundMe page for the family that more than 100 people have donated to so far.

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This is about more than energy security and more affordable bills. It is about unlocking sustained economic growth, creating high-value jobs and driving real opportunities for people and businesses. Our investment will support around 10,000 jobs in the north of Scotland, 24,000 across Scotland and up to 50,000 across the UK. Crucially, it provides the long-term certainty businesses need to invest, grow and retain skilled workers across a range of sectors, from engineering and construction to forestry and professional services.

Communities will benefit directly. Alongside jobs and supply chain opportunities, SSEN Transmission will support the development of 1,000 new homes in the north of Scotland, supporting hundreds of jobs and generating £100m in economic value, while helping to ease local housing pressures. Areas hosting new infrastructure will also benefit from community funding of over £100m, with decisions shaped by local people to reflect what matters most. Investment in biodiversity net gain and peatland restoration will further strengthen rural economies, supporting hundreds of green jobs throughout the north of Scotland.

Put simply, this is an investment in Scotland's future – one that strengthens energy security, supports local economies, creates high-value jobs and helps build resilient communities for generations to come.

Rallying cry sees me riding shotgun with motoring ace

BY ISAAC BUCHAN

FULL PELT: Press and Journal reporter Isaac Buchan, left, and rally driver Jon Armstrong. Picture by Darrell Benns.

When an email got forwarded to me about doing a test drive in a rally car, I couldn't have been quicker to say yes.

Motorsport has always been huge in my family, and having taken a keen interest in the World Rally Championship (WRC) ever since next year's north-east event was announced, I was buzzing to find out I'd be riding shotgun.

The Grampian Forest Rally takes place this weekend, and some drivers from the sport's elite level will be racing through Fetteresso roads to get a feel for the conditions ahead of 2027.

During the test day on Thursday, I got the chance to ride along with WRC star Jon Armstrong as he went full pelt through one of the stages.

I'd never done anything like this before, so I was unsure what to expect, but it's an experience I'll remember forever.

The stage I'd be riding along on was about 20 minutes west of Stonehaven, surrounded by towering trees that line the gravel paths.

It's a test day for the Grampian Forest Rally – an event which is marked on north-east motorsport fans' calendars every year.

Drivers are getting the lay of the land ahead of the two days of action – but it's not just your usual crop of teams that are here today.

Taking me through the stage, Jon is one of the sport's biggest names.

He's only just arrived in the north-east having competed in Rally Finland over the weekend, and has spent much of the morning learning the 1.8-mile route through Fetteresso Forest.

Turning up at the service park, I would have been content setting up a camping chair and watching the teams work on the incredible pieces of machinery all day.

To actually get a shot in one of them is something else.

It's the small details you can only really appreciate up close as opposed to on TV that jump out at me. The length of the suspension springs when the car is jacked up to the hilt, the taped-up bodywork, it's proper rally stuff.

The car I'm in today is a WRC2 spec Ford Fiesta. It's retained much of its roadworthy look on the outside, but inside it's a total beast as I'll soon experience first-hand.

Chris Timmins greets me at the team's trailer and explains to me how today is going to work.

He's the lead engineer at M-Sport Rally 2, working hard to organise much of the data to ensure the car has the best set-up possible for when the event comes around next year.

I'm given a set of overalls, a balaclava and a helmet, and get suited up for my run through the forest.

I've to wait for this last run to be completed before it's my turn to hop in, and it's mainly a feeling of excitement like a kid on Christmas morning that's overcoming me, with a slight bit of nerves bubbling away. I soon get the nod from Chris that it's time to go, as Jon parks up in the service area.

The rhythmic purr of the engine obscures much of the chat as I unflatteringly clamber over the roll cage into the passenger seat.

The majority of the interior of the Fiesta has been stripped away to make the car as light as possible, with just a few buttons and a tall gearstick remaining.

Where I'm sitting is usually co-driver Shane Byrne's seat, whose job is to give vital guidance to Jon as he races through every condition imaginable across the world.

Thankfully I don't have to do that today, as I'm utterly useless with directions. I also don't have much of a clue how or when to say the series of numbers and instructions.

As I'm introducing myself to Jon, the crew get me strapped in and fitted with a neck support device, which leaves me like Michael Keaton's Batman – unable to move my neck much.

And with that, the door slams shut and we begin the drive to the start point.

Jon and I head down in the Fiesta to the starting point.

We have a relaxed chat to begin with about our shared interest in motorsport as we wait, but it's not going to be relaxed for much longer.

As the car approaches the starting line, the engine's hum begins to grow into a roar as the launch control gets set-up, and the nervous anticipation sets in.

We get the nod from the marshal and off we go.

The power from Jon putting his foot down has the front end almost taking off. I soon realise just how quick these cars are.

The start of the stage is a long straight, and ever the professional, I try to have a short interview with the man behind the wheel as we get going.

However, the tension in my voice grows and grows with every word of my disjointed introduction.

I just about manage to get the question off.

We're already reaching about 100mph when we approach the first jump.

This catches me by surprise as the Fiesta continues steaming down the straight into the first sharp turn.

"It's pretty fast at the start," Jon quips. You don't say...

What astounds me is just how relaxed Jon seems to be. I just about manage to ask him how he's finding the stages so far when, as cool as you like, he gives a simple answer while flying into a bend as if he were pottering through a town centre.

As we race down the gravel track, the WRC star says the Fetteresso Forest routes have been "good so far".

Jolting the steering wheel, he adds: "It's quite a fun stage that we're testing on, obviously quite high speed."

Hitting the apex of one particularly windy turn, Jon points out that it's "quite rough" as we leave a cloud of dust and stones in our wake.

It's on to the most thrilling part of the stage, as we approach a pile of logs about 15ft high.

Reaching about 80mph, Jon slaloms between the gap, with mere inches between the car and the solid wood.

Thankfully it's someone of Jon's calibre behind the wheel, as he keeps us on the path with ease.

And with that we approach the end of the stage. It certainly didn't feel like two minutes.

"You were hanging on there a wee bit," Jon laughs as we approach the team truck at the service park.

I certainly was.

The team unclip me from what must be a thousand different safety points. I then climb out of the car, and I'm left lost for words.

As a motorsport fan like myself, the experience was something else. Watching it on TV doesn't do it justice.

The talent these guys have to throw the car into a corner on a gravel path at speed is unbelievable.

Events like the Grampian Forest Rally are crucial for building excitement ahead of next year's Rally Scotland, which is expected to bring hundreds of thousands to the north-east.

And having experienced it first-hand, I can assure you it's worth going along for an up-close view of these cars flying through the countryside.

It's given this motorsport fanatic an even greater appreciation for the sport.

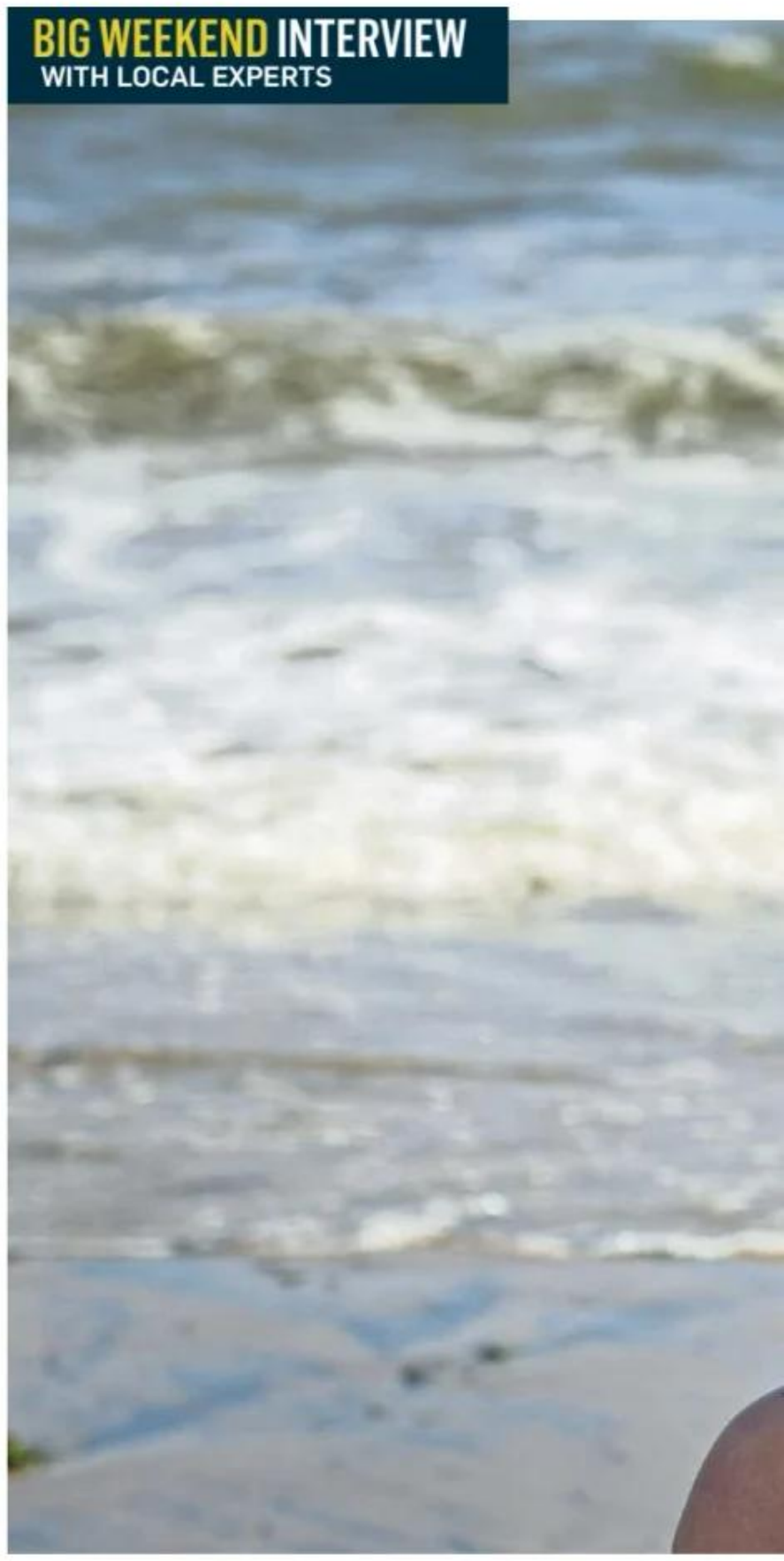
THE PRESS AND JOURNAL
Saturday, August 8, 2026

BIG WEEKEND INTERVIEW
WITH LOCAL EXPERTS

You can't have a good beach unless it is safe, says 'secret' lifeguard

Service: We talk to Aberdeen seafront's unofficial rescuers and ask if the city should have more permanent protection

BY ANDY MORTON, *HEALTH & WELLBEING WRITER*



As a local surf instructor and beach regular, 26-year-old Rosie Payne knows the Aberdeen seafront better than most.

So when she points out the stretches of water where swimmers can be caught by rip currents and pulled away from shore, her warnings carry weight.

That and the fact she regularly has to jump into the sea to rescue people.

"Yeah," says Rosie as we chat on one of the benches lining the beach promenade. "I've done many."

How many?

"I think I did about four last year in the summer. But that was only when I was here."

And if she hadn't been around?

"I don't know," Rosie shrugs. "You never know what the outcome might be."

CASE FOR LIFEGUARDS AT ABERDEEN BEACH

Aberdeen has a two-mile sandy beach and a growing surf and sea-swimming community.

What it does not have is lifeguards. So when someone gets into trouble in one of the dangerous rip currents, it is up to people on the beach to help out. Often, that means alerting the emergency services, which may include the RNLI lifeboat crew at nearby Fittie.

That, however, can take time. So if Rosie is around, she will step in, something she says can happen about once a month during busy summer periods. "Yeah," she says. "You just go."

Rosie says bystander rescues highlight a gap in Aberdeen's beach-safety provision, especially as Aberdeen City Council nears completion of the first phase of its beach regeneration project, which is likely to bring even more people to the seafront.

And while Rosie welcomes the investment in the beachfront, she has concerns "the safety aspect is maybe being overlooked".

"For me, that would be the biggest change," she says. "That lifeguarding is prioritised."

As a qualified surf instructor with RNLI lifeguard training and a volunteer with the RNLI lifeboat crew at Fittie, Rosie understands the difficulty of covering such a long seafront.

Instead, she believes the city could begin by testing more limited cover during periods when people are most likely to be using the water.

"Maybe even if there was a trial period of a year's worth of lifeguarding on weekends," she says.

Rosie is careful not to describe Aberdeen as uniquely dangerous. Like any beach, she says, the risks change with the conditions.

But the consequences can be fatal.

Public water-fatality data does not provide a total specifically for Aberdeen beach. However, previous reporting confirms at least five water-related deaths there over the past decade.

They include a mother and son who drowned in 2016; two women who died after entering the sea in 2019; and a 33-year-old man who died in 2022 after reportedly trying to rescue his dog.

> "Some kids have no idea that tides exist

The danger spots, says Rosie, include the sea wall along the back of the beach. When waves hit the hard defences, the water rebounds back out, creating backwash and affecting how rips move along the shore.

Then there are the groynes – the wooden structures jutting out into the sea. They are designed to slow the movement of sand along the shore, but can also affect the flow of water and create rip currents that pull away from the beach.

Last summer, she watched from the beach as a man paddling back to shore got caught in a rip running out from the groynes.

Rosie says that if someone is caught in a rip, they should move parallel to the beach or wait for the current to spit them out the back.

But it is not always easy to think clearly in the sea.

"He was absolutely exhausted," Rosie says of the swimmer.

"I watched him for about five minutes and I could see him getting worse and worse and worse. So I was like, I'll just go in and see if he's all right."

CAMPBELL SCOTT: WATER SAFETY STARTS WITH EDUCATION

It is a situation Campbell Scott also understands well.

The owner of Scot Surf, based at the Fittie end of the beach, Campbell spends most of his time on the beach.

"The sea is my office," he smiles.

He estimates he has been involved in around 29 rescues and recoveries in the past three years.

"That sort of thing happens more regularly than people know," he says.

"It's people in the right place. That's unfortunately me – I'm in the right place at the wrong time, or the wrong place at the right time."

But while Campbell believes lifeguards could make a difference during busy summer periods, he says education is just as important – particularly for children growing up in a city with the North Sea on its doorstep.

Many people, he believes, underestimate its power.

"They all think: 'It's Aberdeen. It's not a problem. The sea's not that

Campbell Scott has had to step in many times to help.

SHORE THING: Clockwise from far left, Rosie teaching water-safety awareness at Aberdeen beach; Rosie Payne. Picture by Kath Flannery; the beach is a popular spot for surfers; revamp under way; and Graham Dutton, right.

powerful'. But, oh, it can be fearsome."

Rosie spent much of her childhood in New Zealand, where living around the water was part of everyday life. She believes some children in Aberdeen lack even basic awareness of the sea.

"Some kids have no idea that tides exist," she says. "And we live on a coastline – we are an island country."

To improve that awareness, Rosie founded Wavy Quines, a female-led surfing community whose lessons also cover rip currents, tides, changing conditions and surf etiquette.

She also runs a club for girls aged eight to 14, combining activities including surfing and skateboarding with sea-safety education, and hopes to expand the work.

"Once you have the skills to enjoy it, then it's fine," she says. "But it's that gap we don't have right now."

HOW ABERDEEN TEACHES CHILDREN ABOUT WATER SAFETY

Others are working to close the gap, too.

The city's former Water Safety Group is now known as Paws – the Partnership Approach to Water Safety – and brings together organisations including the council, emergency services, the RNLI, the Royal Life Saving Society and Sport Aberdeen.

Graham Dutton, one of the group's founding members and a former chairman, says its work has concentrated heavily on helping children understand the dangers of open water.

The RNLI and community group Absafe deliver safety talks in schools, while more than 2,000 Primary 4 pupils receive water-safety education through Sport Aberdeen swimming lessons each year.

But Graham, who is lead programme co-ordinator at Sport Aberdeen, acknowledges that educating adults is much more difficult.

"The average person who doesn't have children, who's not going to get that secondary knowledge passed on to them – how do you get a hold of them?" he says.

"We have things out on social media. We have the signage up at the beach.

"Short of trying to mandate people to attend courses, which realistically you can't do, it is almost impossible to get everyone that full knowledge that they are actually going to listen to."

For Graham, the question of lifeguards is more complicated.

He says a previous risk assessment did not conclude that lifeguards were mandatory, although the option was put forward for consideration as part of the beach regeneration.

Even if a service were introduced, he says, it could not realistically cover the entire beach.

"It's too big."

Graham says a police-operated infrared camera overlooking the beachfront has already helped emergency crews locate people entering the water after dark.

Aberdeen also came close to trialling an "AI lifeguard" system that would use cameras and software to flag people in difficulty, although the project stalled before it was introduced.

Aberdeen City Council said RNLI-compliant warning signs and locator markers are already in place along the beachfront, while safety buoys on the beach and rivers are checked daily.

A spokeswoman said public-safety messaging had also been developed with the Aberdeen Water Safety Group, adding: "We will continue to liaise with local organisations regarding safety at the beach."

WHY UNOFFICIAL RESCUERS REMAIN VITAL

Graham says trained beach users such as Rosie and Campbell also remain an invaluable part of the safety network.

"They're not just reacting, they're proactive at the same time," he says, pointing to Campbell as someone whose training and local knowledge allow him to identify trouble quickly.

"If Campbell sees something, he's acting upon it and saving people before the average person has even noticed there's an issue," he says.

"They are very good at what they do."

Back on the beach, Campbell remains excited about the beach regeneration project and the prospect of even more people seeing it in the way he does.

"It's about people understanding that this place is dangerous, but this place is also great."

Rosie also wants people to enjoy Aberdeen beach. And she will continue stepping in whenever she sees someone in trouble.

"For me," she says, "you can't have a good beach unless it's safe."

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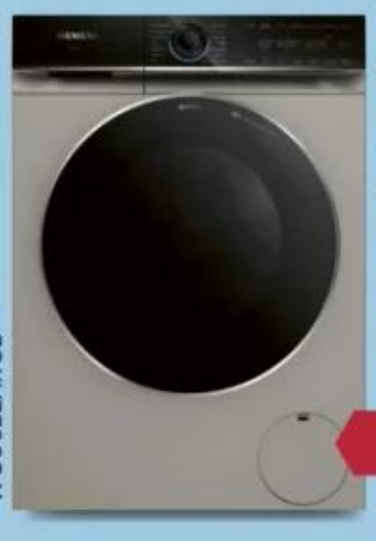

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THE PRESS AND JOURNAL
Saturday, August 8, 2026

Lennon gains union backing

BY CRAIG PATON

One of Scotland's biggest unions has backed Monica Lennon to become Scottish Labour leader.

Unison said its Labour Link committee endorsed the politician after an online hustings with leadership rivals Michael Marra and Joe Fagan.

Ms Lennon still does not have enough support to officially enter the race.

Janine Langler, Unison Scotland Labour Link vice-chairwoman, said a new leader "must stand up for public services and fight the SNP's plans to axe 20,000 jobs as part of cuts amounting to £1 billion".

She said: "Scotland has the longest NHS waiting lists since devolution, social care's in crisis and councils have serious financial problems.

"Public services need investment, not cuts."

Ms Lennon, who became a Glasgow list MSP again following Anas Sarwar's resignation last month, earlier warned her party had "turned to rubble".

She posted in response to Labour MP Jon Trickett, who said "get Monica on the ballot paper".

She wrote on X: "What @jon_trickett is saying reflects how members feel.

"After 19 years of opposition and six Holyrood election defeats, @ScottishLabour has turned to rubble.

"We need time and space to get this right before we lose more members and activists and there's no one left to lead."

Since the opening of the Scottish Parliament in 1999, Labour's number of MSPs has dropped at every election, with just 17 seats won in May.

Ms Lennon's comments came as Mr Fagan said community wealth building "should be at the heart of Labour's approach to public services and economic renewal".

"Public money should support local jobs, local businesses, co-operatives and supply chains, keeping more wealth in the communities where it is created," the former leader of South Lanarkshire Council said.

Mr Marra has pledged to devolve power to local members, to give party activists the "influence and resources to act".

The North East Scotland MSP added: "Scottish Labour has gone backwards in all six Scottish Parliament elections since devolution began.

"We must confront those hard long-term questions facing us as we unite and renew our party."

HOPEFUL: Monica Lennon must gather enough support to enter the Labour leader race.

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SPECIAL DAILY DOUBLE-PAGE PULL-OUTS

STARTS ON WEDNESDAY

UNISON: The annual Royal Edinburgh Military Tattoo spectacular.

Gathering of cultures for Tattoo

BY DANYEL VANREENEN

The Royal Edinburgh Military Tattoo has returned with a "powerful" new celebration of culture and connection.

More than 800 performers from across the globe will gather at Edinburgh Castle Esplanade for the 2026 show this month.

The theme is A Call To Gather, bringing people together and celebrating connection across cultures and continents.

Organisers said it is an exhibition of music, military precision, culture and connection that pushes the boundaries of what the Tattoo can be while celebrating everything audiences know and love.

Jason Barrett, chief executive officer at the Royal Edinburgh Military Tattoo, said: "For more than 75 years, the Tattoo has brought people from Scotland and around the world together through the shared language of music, performance and culture.

"A Call To Gather captures that spirit perfectly.

"This summer's show is a powerful reflection of the unique role the Tattoo plays in bringing people together and how that impact of sharing cultures reaches far beyond the esplanade – a role never more important than today.

"Together we gather, connect and share something extraordinary, so thank you."

The military is at the heart of the showcase, with the RAF confirmed as the lead service.

Alongside international acts, the Massed Pipes and Drums will fill the esplanade alongside performances from the Tattoo.

From Europe, New Zealand, Qatar and the US, to Scotland's own military and traditional performers, the 2026 Tattoo will see an international cast come together for a full programme of music, dance and spectacle.

Creative director Alan Lane said: "Performers and audiences will come from across the globe, answering the call to join us in Edinburgh in a celebration of the music, dance and performance.

"The Tattoo is unlike any other show in the world.

"And every year, we challenge ourselves to delight and move our audience while always honouring the traditions the Tattoo is built on.

"It will forever be the case that the scale, the setting and the sense of occasion of the Tattoo are extraordinary, and A Call To Gather builds on those foundations with a renewed sense of global connection.

"There's never been a more important time to connect with each other through culture."

The Tattoo has donated more than £14.5 million to services and arts organisations since it first performed in 1950.

It has pledged to continue its long-standing commitment by donating money raised from the 2026 show to its charity partners.

The Royal Edinburgh Military Tattoo will run until August 29.

No working toilets on 417-mile rail trip

A train operator is running services lasting more than five-and-a-half hours despite having no available toilets.

Some of Lumo's services on the West Coast Main Line between London Euston and Stirling are operating despite on board loos being out of use.

The FirstGroup-owned company warned about "a fault" with the toilets in a post on X last Saturday.

Services have been stopping for longer at stations such as Preston to allow passengers to use toilets on platforms.

Yesterday's 6.11am departure from London Euston, which was affected, ran with a 58-minute delay and terminated at Motherwell.

Lumo operates its west coast services with Class 222 Meridian trains that were refurbished by Alstom.

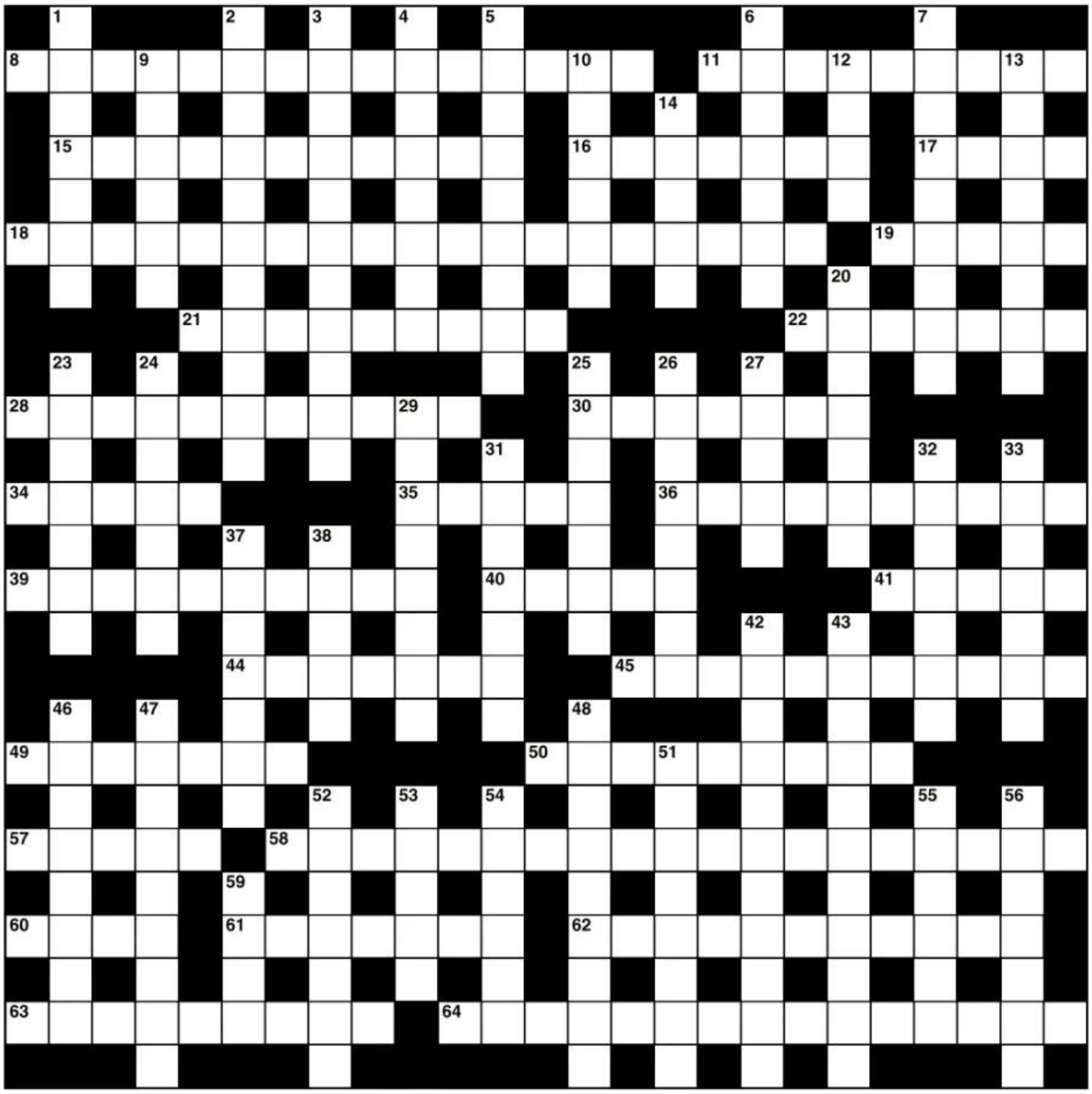
Train operators in Britain are not legally required to provide on board toilets.

The journey from London to Stirling is 417 miles.

A Lumo spokesperson said: "We have been experiencing some issues with the reliability of some of our toilet facilities on board our west coast services. We are working closely with Alstom to rectify the issues."

CROSSWORD

The Big Press and Journal Saturday General Knowledge Crossword



ACROSS

8 Thin ivory-coloured haricots used in French and Italian cooking (10,5)

11 Lowest musical voice in women (9)

15 ___ *Education*, Flaubert novel (11)

16 Czech composer of *The Bartered Bride* (7)

17 Uriah ___, fawning character in Dickens's *David Copperfield* (4)

18 American military science fiction TV series developed by Ronald D. Moore (10,9)

19 Youngest of the Kardashian sisters (5)

21 Unordained assistant at an Anglican service (3,6)

22 Texan city on the fork of the River Brazos (7)

28 Golf score of three strokes under par at a hole (6,5)

30 ___ Islands, archipelago including St Kitts and Antigua (7)

34 *The* ___ *Wears Prada*, Meryl Streep film (5)

35 Name taken by eight different popes (5)

36 1992 Clint Eastwood western (10)

39 Sea creature with wing-like pectoral fins (6,4)

40 Surrey town where the racecourse Sandown Park is located (5)

41 Jerome ___, TV actor (5)

44 Surname of Barry and Paul, TV's Chuckle Brothers (7)

45 Traditional Lancashire pursuit (4,7)

49 Genus of plants in the nightshade family (7)

50 Brain substance targeted by antidepressants (9)

57 Singers of the 1983 hit *Gimme All Your Lovin'* (1,1,3)

58 1943 Gary Cooper film based on a Hemingway novel (3,4,3,4,5)

60 First name of the Thomas Hardy character who seduces Tess (4)

61 French newspaper (2,5)

62 Language's spelling system (11)

63 Personal stereo components (9)

64 Gain less than five per cent of the vote in a UK election (4,4,7)

DOWN

1 Brand-name chocolate product (4,3)

2 *Homeland* actress (6,5)

3 Supporter of laissez-faire political philosophy (11)

4 Bacterium which is a widespread pathogen of humans and animals (8)

5 Cockney rhyming slang for robbers (3,6)

6 Language family including French and Spanish (7)

7 OT wife of David and mother of Solomon (9)

9 Latitude, in degrees, of the North and South Pole (6)

10 Capital city of the Bahamas (6)

12 Animal hero of *The Wind in the Willows* (4)

13 TV singing contest with rotating chairs (3,5)

14 Netflix crime drama starring Matthew Goode (4,1)

20 *Midsomer* ___, TV series (7)

23 Italian composer of the *Christmas Concerto* (7)

24 Surname of Irish comedian Dara (1,6)

25 First name of the heroine of *A Streetcar Named Desire* (7)

26 Formal objection to an opponent's pleadings (8)

27 ___ Duck, Porky Pig's cartoon companion (5)

29 Surname of actor Charles who starred in *The Hunchback of Notre Dame* (8)

31 Irish poet awarded the 1923 Nobel Prize in Literature (1,1,5)

32 London Underground station between Victoria and Vauxhall (7)

33 David ___, *Broadchurch* actor (7)

37 Rock type produced by great heat and pressure (7)

38 *Twelfth Night* character who pretends to be a man (5)

42 Comic novelist, creator of Jeeves (1,1,9)

43 Fine branching blood vessels (11)

46 1998 Hollywood remake of a Japanese monster movie (8)

47 Instrument for indicating changes in air density (9)

48 Composer of the *Eroica* symphony (9)

51 Subtle extra quality or implication (8)

52 *Angel of the North* sculptor (7)

53 Benny Goodman's jazz style (5)

54 Large South African conurbation (6)

55 Ellen ___, *Grey's Anatomy* star (6)

56 Ancient region along the eastern Adriatic coast (7)

59 Which girl's name is the French word for 'she'? (4)

SOLUTIONS ON **PAGE 63**

Tories plan to take foreign nationals' council housing

'DIVISIVE': The Conservatives say their plans would free up 230,000 homes for UK citizens to live in.

Foreign nationals would lose their right to social housing in the UK under a Conservative government, the party has said as it announced plans that have been condemned as "divisive".

Under the proposals revealed yesterday, the Tories said around 230,000 homes would become available if they removed the right of foreign nationals to live in social housing.

The move would also see tenants who do not qualify for the housing to move out of their homes within six months.

Foreign nationals with settled status, refugee status or specific humanitarian protections currently qualify for social housing.

Asylum seekers are not eligible for social housing, unless in exceptional circumstances such as domestic abuse cases.

But the plans were condemned by the housing charity Shelter.

Its chief executive, Sarah Elliott, said: "These divisive plans would brutally kick people out of their homes, including thousands of families and pensioners who have lived in them for decades.

"And let's not forget that social tenants pay rent, which goes back to the public purse and into society.

"It is completely senseless to ruin people's lives, drive up homelessness and put extreme pressure on councils. This policy does nothing to deliver new social homes, which is what we desperately need."

The Royal College of Nursing has also criticised the proposals.

A spokesperson said: "The worst thing in the world would be to cause serious housing worry for a workforce that keeps our services running, posing serious risk to patient care.

"Those advocating for them need to offer reassurances – and quickly – or explain why it is just that some of our most brilliant nursing staff may face housing insecurity."

Under the plans, any single person currently living in social housing who is not a UK, Irish or EU citizen would lose their social home. This includes those with or without children.

Anyone with EU settled status would not be evicted.

For future tenancies, UK nationals and those with EU settled status would be eligible, however, any new EU citizens without settled status would not be.

Couples, where neither of them is a UK or EU citizen and they do not have EU settled status, would lose their entitlement.

The Tory shadow work and pensions secretary, Helen Whately, said: "Making Britain your home should be earned by working, paying tax and integrating.

"It should not come with a free ride on the benefits system. Britain cannot be a cash machine for the world.

"Labour has lost control of immigration and lost control of the welfare bill, and it is British families picking up the bill and sitting on waiting lists.

"The next Conservative government will make foreign nationals ineligible for social housing. Nearly 230,000 homes could go to British families."

In 2024-25, 88.5% of main householders – the person in whose name the social home is rented – were UK or Irish nationals and 11.5% were non-UK/Irish nationals, according to the English Housing Survey.

There are an estimated 470,000 non-UK and non-Irish citizens living in social housing.

A Labour Party spokesperson said: "This is an unserious, unworkable proposal, copied from Reform."

Officer's mother visits scene of his death as 675,000 sign petition

PC Andrew Harper.

Police constable Andrew Harper's mother has visited the scene of her son's death as a petition to stop his killers being released from prison early approached 700,000 signatures.

PC Harper was fatally injured when he got caught in a strap attached to the back of a car and was dragged down a country road as the killers fled the scene of a quad bike theft in Sulhamstead, Berkshire, in 2019.

Jessie Cole and Albert Bowers could be freed halfway through their 13-year sentences under government plans for early releases designed to tackle overcrowding in jails, which has prompted condemnation of the scheme.

The government has resisted pressure to exempt the two men from the early release scheme, part of the Sentencing Act passed earlier this year which cut the minimum amount of time many offenders would have to spend in prison.

PC Harper's mother, Debbie Adlam, who earlier this week said the family was "bitterly disappointed" by the government's decision, visited the scene of her son's death on Thursday.

Aileen O'Connor, chairwoman of Thames Valley Police Federation, who started the petition this week, said: "The public have spoken loudly and clearly that they are behind our campaign, which is absolutely amazing – and I just want to thank each and every one of the people who have taken the time to sign our petition.

"We will continue to drive this. We will not stop. Please keep signing. Please keep sharing.

"My ask is that the prime minister, the home secretary and everybody else in government gets on the right side of this and does the right thing and makes the changes that keep the two killers behind bars."

Yesterday afternoon the petition had reached more than 675,000 signatures. Detective Superintendent Stuart Blaik, who led the investigation into 28-year-old PC Harper's death, told the BBC he was "deeply concerned and appalled" by the prospect of early release for Cole and Bowers, and that they should "not be afforded the opportunity".

He said: "Neither of them showed any remorse during their time in police custody or during their subsequent trial.

"I hope the government takes account of the strength of public feeling on this issue, which has been both clear and widespread."

Thames Valley Police Chief Constable Jason Hogg said he was receiving legal advice on whether the force could join a legal challenge mooted by Ms O'Connor to prevent Cole and Bowers being freed.

The officer's widow, Lissie Harper, said the government "has punched us in the gut... they should be ashamed of themselves".

"Hopefully we can make the current government come to their senses and realise we cannot put people like this back on our streets," she said. "Justice should mean justice and serving the sentence given."

Defence Secretary Wes Streeting said it was "not OK" that the killers of PC Harper were eligible for early release.

He told the BBC: "We should never have been put in a position where prisons across the country were so full to bursting that any government, let alone this government, had to contemplate the early release of people from serious convictions."

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MY FAMILY LIFE

How our low-key wedding was a high point in life

Two of us: Nicola McAlley and Michael Forbes tied the knot in secret and then held big party for family and friends

BY SARAH BRUCE

In the latest in our occasional series where couples tell us about their wedding day, STV news reporter Nicola McAlley, 50, and pop artist Michael Forbes, 58, remember their marriage.

The couple, who live in Maryburgh, tied the knot on May 1 in Dornoch and held a party for family and friends on June 20.

Nicola and Mike reveal how a chance reunion led to love and marriage.

HOW DID YOU MEET?

Nicola: I had interviewed Michael a few times over the years and about a decade later we both found ourselves single.

Mike spotted me on a dating app and messaged me on social media to suggest a coffee. He asked if it would be weird as we knew each other already, but we went for it.

That 20 minutes turned into three hours and the cafe staff were sweeping up around us!

WHEN DID YOU KNOW YOU WERE 'THE ONE' FOR EACH OTHER?

Nicola: We knew from the first date. After our first coffee at the Highland Cafe in Dingwall we were due to meet again about a week later.

Mike asked if we could meet before then for a pre-date date as he couldn't wait.

We met in a pub in Nairn with his dog Rocket – unbeknown to me everyone in the bar knew we were there for a date.

> No point in blowing cash for the sake of it

TELL US A LITTLE BIT ABOUT THE PROPOSAL?

Mike: I had been thinking about proposing to Nicola for a long time but I wanted to pick my moment.

I almost did it at Christmas but it was at the bells of New Year, the moment just felt right.

You're looking to the future at that moment and I wanted my future with Nicola in it.

I have two grown-up children, Eden and Stuart, who were thrilled for us.

WHY MARRIAGE?

Nicola: We're at a time in our lives where words like partner sound too functional – we're very much in love and we wanted that extra level of commitment.

It's a statement to the world about how much we mean to each other.

We are quite unconventional in many ways but on this one we are conventionally romantic.

It's not for everyone, but it is for us.

WHAT HAPPENED ON THE BIG DAY?

Nicola: Our wedding day was very casual. We went to Dornoch Registry Office, just the two of us and the dog.

I walked up the aisle to Dream Baby Dream by Bruce Springsteen.

Moira the registrar was brilliant and made it all so easy and relaxed.

We wanted it to be just about the two of us and it was perfect.

After the ceremony we took a picnic blanket and a bottle of champagne to the beach and Rocket ran about in his tuxedo, confusing everyone on the beach.

WHY SUCH A LOW-KEY CEREMONY?

Nicola: People did know we were getting married, just not when.

My friends gave me a fantastic hen weekend and we told people about our party well in advance – just not when we were tying the knot.

As soon as we got engaged we did promise our friends and family a party and that we did!

We had the best of both worlds: a quiet, intimate wedding for just us and then a later celebration with all our loved ones.

We loved both.

WHAT ABOUT THE OUTFITS?

Nicola: My wedding dress was from Six Stories. I ordered it online and had pink and red accessories – I love a colour clash.

I hadn't intended to have a traditional dress but I loved it.

Then I had a completely different dress for our party, a pink sequinned kaftan from Fumbalinas who make show outfits for the likes of Sophie Ellis Bextor, Scissor Sisters and Lauren Laverne.

I'd always wanted one so it was the perfect opportunity.

Mike: I wore a blue suit for our wedding and for the party I had a 1940s tailcoat with sequin patches on the back that said "Lovers" and a red heart.

True to my surrealist artist roots I decided I would like to have eyes on my jacket too. I sourced a bag of antique prosthetic eyes but it was a challenge as to how they could be sewn on.

I contacted Ailsa Lyall who was a finalist on the Great British Sewing Bee (she had been a work experience student with me) and she made a fantastic job of sewing the eyes into the lapels and front of the coat.

I loved it and it was certainly a talking point.

TELL US ABOUT THE AFTER PARTY?

Nicola: We booked the party before we even had a wedding date and held it at Resolis Memorial Hall.

We wanted our party to be personal – we have quite distinct tastes so there was lots of reds, pinks and metallics.

We had heart balloons, fresh flowers, sweeties on the tables and lots of great lighting – plus a glitterball.

The main feature was lots of hand-made and painted signs by Mike including a huge Dream Baby Dream lit arch to welcome our guests.

We didn't really have a first dance song, but during our party we had an Elvis impersonator. At some point a circle formed round us when he sang The Wonder Of You.

WHAT DID YOU SPLURGE ON, WHAT DID YOU SAVE ON?

Nicola: We didn't spend as much as many do on our outfits but we know what

BIG DAY: Nicola and Michael – and Rocket in his tuxedo – when the couple were married

Nicola and Michael on the beach – a special moment.

in Dornoch on May 1 before throwing a big celebration party, inset below, on June 20.

we like. There's no point in blowing cash on stuff for the sake of it.

We stayed at the Station Hotel in Dornoch for a few days after our wedding which was a lovely treat.

Our village hall party had fantastic food and drink and looked great so we spent our money where we wanted it to count.

Don't feel pressured into what other people want. It's your day.

Think about what is important to the two of you – it's all about you.

WHAT WERE YOUR HIGHLIGHTS ON YOUR WEDDING DAY?

Nicola: All of it! On our wedding day I turned up at my mum's and sat and did my make up with her, then went to my dad's to show him my bouquet. Neither of them knew before so it was very special to have that time with them.

When I got home to drive to Dornoch, Mike had decorated our car with flowers which was a lovely romantic touch.

I loved the whole day but sitting in the sun on the beach with my new husband will be hard to beat.

Mike: Sitting on the beach after we had got married. It felt like we had stepped out of reality and it was a surreal feeling, just the two of us.

The world was carrying on around us but we were in our own space – it was very special.

WHO GOT YOU THERE AND THROUGH IT ALL?

Nicola: On the wedding day, Moira at Dornoch Registry Office was a sweetheart.

I was being very casual about flowers and thought I'd make my own bouquet but ended up racing to Emma at The Flower Company on the morning of the wedding.

She made me a beautiful bouquet of pinks and red roses and peonies on the spot, she was a lifesaver.

For the party, Sam C was the Elvis tribute act who came on as a surprise and was worth every penny. He was amazing.

The Cavemen were a fab band who kept our guests on the dancefloor, too.

Red Poppy Bar made the day super easy and the Crumble Bothy and Househill Cafe food truck were amazing. Eva's Covers did the tablecloths.

Kai at KBE Events supplied fantastic lighting and that all important glitterball.

Our good friends were also very generous on the night. Our pal Taj owns the Station Hotel in Inverness and he put on Prosecco and canapes for our friends who were taking the coach out to Resolis.

Friends the Ashers supplied Scotch and macaroni pies for everyone at the end of the night.

Along with lots of lovely gifts from friends and family we were very spoilt and are so grateful to have such wonderful people around us.

FAMILY MATTERS

Lessons on saving cash as you kit out youngsters for going back to school

As one school year ends, for many another looms on the horizon, bringing with it costs that can soon mount up.

According to the latest research from the Child Poverty Action Group and Loughborough University's Centre for Research in Social Policy (CRSP), the minimum cost of education, which includes food, uniform, learning materials, meals and transport, is over £1,000 a year for a primary-school child and at least £2,300 a year for a secondary-school pupil.

We spoke to Clare Seal, financial coach and author, who has tips on how you can save on this year's school supplies.

1. SHOP SECONDHAND

Whether through social media groups, secondhand sales or marketplaces, buying secondhand can offer the biggest savings.

"Make sure you are part of your local Facebook groups, school groups or WhatsApp communities as people are often giving away uniforms or are selling them cheaply on these platforms. A lot of schools do secondhand uniform sales as well," says Seal.

She adds that clothing marketplaces like Vinted can be good for finding secondhand items that are new or have been barely worn, especially shoes.

"School shoes in particular are so expensive and children's feet grow really quickly, so you'll often find some that have barely been worn," says the financial coach.

However, if you do want to buy new, Seal suggests buying from a shop that has built its reputation on selling shoes rather buying cheap.

"It sounds silly, but get your child's feet measured. Don't guess," says Seal. "If you buy them secondhand and they don't fit, you can't return them."

2. WAIT FOR SUPERMARKET DEALS

Most of the supermarket chains sell non-branded uniforms in relevant colours, along with shoes, socks and accessories.

They can offer deals ranging from percentages to multi-buy offers and are often listed on money-saving blogs and sites, such as Money Saving Central or Money Saving Expert, she adds.

3. USE CASHBACK

"A big opportunity that a lot of people miss out on for all school supplies is using cashback.

"TopCashback tends to have the most retailers and the best rates," says Seal. "Download the app, sign up, and instead of going to the website to make your online purchase, type the retailer into the app and shop via the link as normal."

It will track the cashback in your account and once the returns period has passed that becomes payable, she explains. "For example, if you're ordering £100 worth of stuff and the shop has got a 5% cashback offer, you'll get the cash back," says Seal

You can also use the cashback offers in stores by purchasing a gift card from the cashback provider and spending it in store.

Seal adds to keep an eye out for promotions that offer higher cashback rates for a set time.

4. BUY FOR LONGEVITY

"For things like backpacks and lunch boxes, sites like Vinted are your best friend," says Seal. "People often sell duplicates or products from brands like Smiggle which tend to be expensive to buy new."

The financial coach says it's much better to buy something from a trusted brand secondhand than it is to buy something new that's cheap and will fall apart.

"Your child might end up having the same school bag for years. It's not something that they're going to grow out of. So, with items like that, choose things for longevity," advises Seal.

5. ADD NAME TAGS

"When things go missing, you then have to pay to replace them, so make sure uniform, lunchboxes, water bottles and pencil cases have a name label on them," says Seal.

"Most uniforms have a space on the label that you can just write on using a biro," she adds.

6. SIMPLIFY STATIONERY

"Check how much your child cares about a new pencil case or bag before you start buying them. As long as it is smart and is fit for purpose, if the child doesn't care, then you shouldn't care," says Seal.

She adds that every school should have a handbook with a list of supplies that the children need each term.

"Buy the stuff that's on it," says Seal. This will prevent you from buying the wrong calculator, for example, and then having to replace it, she explains.

7. INVEST IN REFURBISHED TECH

Depending on your circumstances and if you want your children to have a mobile phone, Seal suggests looking at what you already have first.

"Check if you have any old tech that would suit, like an old iPhone that's still in good condition. You can then just get a SIM-only contract," advises Seal.

"For items like laptops or tablets, using a vetted refurbished site like Back Market is better for the environment and cheaper. This way you will also know it's been through loads of checks," says Seal.

Ensure kids look smart without breaking the bank.

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Artist takes to the skies

BY CLAIRE HAYHURST

British artist Emily Powell has taken to the skies to paint live from a hot air balloon basket.

Powell, 36, flew at 1,400ft as part of the mass ascent at Bristol International Balloon Fiesta yesterday morning.

She took a canvas, a palette with 14 paints on, and three brushes up in the basket for the hour-long flight.

Her piece features the Clifton Suspension Bridge, Cliftonwood's brightly coloured houses, and hot air balloons.

The artist flew from the Ashton Court Estate, where the annual fiesta takes place, two miles away to Bedminster Down.

She was accompanied by five other people in the basket, including balloon pilot Peter De Herdt, from Antwerp.

Mr De Herdt flew an orange and brown balloon for Belgian shoe shop Tim's, one of 125 balloons at the fiesta this year.

After the flight, Powell told the Press Association: "It was my first time in a hot air balloon and it was really, really calm.

"I thought it would be a bit more jolty but it was so calming, I just felt so at peace up there, which really surprised me.

"It didn't feel that high up. I was just really excited to see everything from a different angle, you could see different colours and the way they played on each other."

Hundreds of ballooning fans attended Ashton Court Estate for the opening ceremony of the fiesta, which took place just after 6am yesterday.

It featured balloonists from across the world.

FESTIVAL: Emily Powell paints from the hot air balloon over Bristol and its environs.

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Jenny Gilruth will attend the opening concert.

Edinburgh's festivals

BY CRAIG MEIGHAN

Edinburgh's festivals are sending a clear message that Scotland is an open and welcoming country, the deputy first minister said.

Jenny Gilruth, who is also Scotland's finance secretary, said the city's festivals will provide the country's talent with a "global platform" to showcase their work.

She will attend the opening concert of the Edinburgh International Festival tonight alongside public finance minister Hannah Mary Goodlad.

Ms Gilruth said: "Edinburgh's festivals provide a global platform for Scotland and for all the talented performers who take part.

"They also bring hundreds of thousands of visitors to the capital throughout August with all the economic benefits that brings.

"They are invaluable for Scottish artists and performers to develop and support their ambition and creativity, providing opportunities to showcase their work nationally and internationally.

"These festivals also send out a clear message that Scotland is an open and welcoming country, reinforcing how the culture and arts sector occupy such an important place at the heart of our national identity.

"Increasing investment into Edinburgh's festivals forms part of the Scottish Government's commitment to increase culture funding by £100 million annually by 2028-29.

"I am delighted to be attending the opening concert of this year's Edinburgh International Festival and thank everyone involved in the tremendous range of shows on offer across all the festivals in the city this month."

ON RIGHT TRACK: A few of the care home residents who enjoyed the railway fun.

Residents are chuffed over their day out

BY HEATHER OJUKWU AND KATH FLANNERY

Care home residents from across the north-east enjoyed a day out at the Alford Valley Community Railway.

The event brought together residents from 10 of the region's care homes for a fun and memorable community experience.

Those taking part were Garioch Care Home, Inverurie; Woodlands, Aberdeen; Angusfield, Aberdeen; Dounemount, Macduff; Laurels Lodge, Aberdeen; Deeside Care Home, Aberdeen; Rubislaw Park, Aberdeen; Maryfield West, Aberdeen; Havencourt, Stonehaven, and Cathy House, Forres.

After gathering at Haughton Station for a picnic, residents and their families then enjoyed train rides through the Alford valley.

Our Press and Journal photographer Kath Flannery was on hand to capture the highlights at the event.

Crews arrive at museum before the cameras roll on Netflix hit Dept. Q

Film crews have pitched up at Blairs Museum as Dept. Q begins shooting in Aberdeenshire.

Signs have been erected in the surrounding area indicating the venue will be used to set the scene in the upcoming second series.

A Honeywagon Co trailer was stationed at the entrance of the grounds.

Several vehicles were also seen parked on the driveway.

Directional arrows highlight areas which will soon be used to house crew cars.

It is understood filming will take place over the next month.

Road access to Blairs is currently prohibited to the public.

This comes after crews were spotted carrying kit into Bon Accord Baths yesterday.

A base has also been established with trailers and catering services rolled into Pittodrie near the South Stand.

The Netflix series, starring Matthew Goode, was previously filmed in and around Edinburgh.

It now appears the crime-thriller will shine a light on Aberdeen's architectural gems. An advertisement for extras revealed how call times could begin as early as 6am and run into the evening, reflecting the demanding pace of a large-scale television production.

Cars outside Blairs Museum and signs point the way.

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MY HEALTH JOURNEY

‘If this was life, I probably didn’t want to recover’

Battle: Veteran repaying charity that helped him at low point years after he left the forces

BY ANDY MORTON,
HEALTH & WELLBEING WRITER

MISSION ACCOMPLISHED: Paul Basford is helping organise a ball for the Royal Marines

In the spring of 2020, Paul Basford lay in his Aberdeenshire home unable to move, eat properly or get himself to the bathroom.

His wife Sam had to wake through the night to help the Falklands veteran out of bed.

Only weeks earlier, one of Paul’s knees had swollen to “the size of a melon” leaving him in excruciating pain. The pain spread to the other knee, then through his shoulders and elbows.

Doctors initially diagnosed rheumatoid arthritis and told him his immune system was attacking his joints.

But despite treatment, his condition deteriorated rapidly.

Over the next six weeks, Paul – normally 15-and-a-half stone – lost almost a quarter of his body weight.

His appetite disappeared, he struggled to chew and survived largely on Bovril. When he looked in the mirror, he says, everything was “hanging off my bones”.

At the time, the former Royal Marines weapons instructor was building his own business – literally.

After being made redundant for the third time in five years, he had committed pension and family money to constructing a private shooting range near his home outside Tarland.

Now the business, and the money tied up in it, was in jeopardy. Sam had become his carer, while friends continued the construction work on his behalf.

Paul, who has four adult children, says strong family support meant the family home was never at risk, but depending on others was difficult for him.

As his body weakened, Paul’s thoughts grew darker.

“If this was how I was going to live the rest of my life,” the 64-year-old says, “I probably didn’t want to recover.”

PAUL’S FALKLANDS EXPERIENCE

Paul had experienced dramatic weight loss once before.

As a young Royal Marine, he was deployed to the Falklands after Argentina invaded the British-controlled South Atlantic islands in April 1982.

Paul spent about 25 days living rough, digging holes in peat bogs for shelter as shells fell nearby.

He developed hypothermia and was removed from operations for about 24 hours. At a regimental aid post, he was given food and a chance to dry himself and his clothing.

When he undressed to wash, he barely recognised the thin, bearded figure in the mirror.

“I looked directly behind me because all I could see was what I thought was Jesus,” he says.

His 2020 weight loss, however, affected him more deeply. In the Marines he knew he would recover.

Now, Paul was deteriorating each day without knowing when – or whether – it would stop.

“It was the first time in my life that I’d felt vulnerable,” he says.

> “First time in my life that I'd felt vulnerable

He also didn’t have his fellow Marines to fall back on.

His military career had included the First Gulf War, where he served with 40 Commando in southern Turkey, and the former Yugoslavia, where he was attached to a frontline Sea King helicopter squadron as a tactical ground adviser. He and his comrades had been through a lot.

“It’s a family,” he says.

That bond continued after he left.

Paul worked in the Middle East before moving to north-east Scotland in 2012 and entering the oil and gas sector, but he remained connected to the Royal Marines through the Royal Marines Association (RMA), a community and welfare network Marines automatically join.

HOW ROYAL MARINES CHARITY HELPED HIS RECOVERY

At home during the pandemic, however, his military support network had been replaced by a civilian one.

Too weak to take part in the construction of the shooting range, Paul would put on trousers, wellies and a duvet jacket before sitting outside and directing the friends carrying out the work.

Just as he felt he might never recover, his military past re-entered his life – by landing on his doormat.

It was a brochure from the Royal Marines Charity, part of the RMA.

Paul says the brochure must have arrived every year but he “probably just chucked that in the bin”.

This time, he read it.

Inside were stories of former Marines who had received support despite not having the severe, visible injuries Paul had assumed the charity catered to.

It made Paul think about himself. And he came to a simple conclusion.

“I thought: ‘I need a bit of help here.’”

Paul filled out a few forms and two weeks later a payment landed in his bank account.

He bought a rower, which he – tentatively at first – started to use.

“Seriously, it was pitiful to start with,” says Paul, who says the first time he used it he was shocked at how “bony my a*** was”.

“But then it just kind of

Charity at Offshore Helicopter Services, Aberdeen Airport. Picture by Kenny Elrick.

Paul Basford, far left, on Ascension Island before going to the Falklands.

Captain Paul Basford on a pilot rescue in southern Turkey during the first Gulf War.

Paul and Sam Basford.

escalated. And the more I did, the better I felt."

PUTTING HIS ILLNESS BEHIND HIM AND ROWING TO RECOVERY

His first target on the rower was 1,000 metres without exhausting himself. He then set his sights on 5,000 metres – the distance he had previously used as a warm-up.

Meanwhile, Sam cooked stews and encouraged him to eat as he gradually put muscle "back on the bone".

When the shooting range opened in 2020, Paul was mobile but still underweight and taking medication to suppress the inflammation doctors believed had caused his illness.

The treatment brought its own difficulties. Paul says he would take the tablets on a Monday and by Wednesday suffer mouth ulcers, stomach pain and other side effects.

But, before a reunion marking the 40th anniversary of the Falklands War, Paul temporarily halted the treatment after being warned not to drink alcohol while using it.

Ten days passed without his symptoms returning. So Paul continued not taking it.

"I felt better," he says.

His consultant later suggested the original rheumatoid arthritis diagnosis may have been wrong and he might instead have suffered a virus which caused similar inflammatory symptoms.

Four years later, the severe symptoms have not returned and Paul is back to about 15-and-a-half stone.

'DON'T WANT TO SHOW SIGNS OF WEAKNESS'

His shooting range business, called Line of Sight, is also booming. It includes a short range at his property and a long-distance facility in the Cairngorms, and some of the first people Paul invited to use it were the friends who helped him build it.

"I still owe those guys," he says. He still reunites regularly with the men he served beside in the Falklands, though now those conversations give Paul a different slant on what he has been through.

Looking back at his time in the Falklands "you realise it wasn't just you hiding under that rock, praying the next shell didn't hit you," he says. "There were 29 other guys doing the same."

The takeaway, he says, was that no one needed to perform like a hero: "But when you put all those people together, the task was achieved."

Paul sees his recovery in the same way: Sam helped him from bed, friends finished the range and the Royal Marines Charity funded the rowing machine that helped rebuild his strength.

"You don't want to show any signs of weakness," he says. "But when you are weak, asking for help was probably one of the best things I ever did."

RAISING MONEY FOR OTHER ROYAL MARINES

Paul is now chairman of the Grampian branch of the Royal Marines Association and determined to repay the help he received.

"If that brochure hadn't dropped through the door, I would probably still be in that situation now," he says.

On November 28, he will host a black-tie fundraising ball in an aircraft hangar at Aberdeen International Airport, made available by Offshore Helicopter Services. About 400 guests are expected, with the Band of His Majesty's Royal Marines Scotland due to perform. Organisers hope to raise more than £50,000 for the Royal Marines Charity.

For Paul, it is a chance to pass on the support that helped him recover.

"There's a lot of taking that goes on," he says. "It would just be nice to put a little bit back."

■ For tickets for the Royal Marines Charity Ball, visit rmaball.co.uk.

■ If you or someone you know is struggling, you can contact The Samaritans free on 116 123.

■ We'd love to hear about your health journey – have you overcome challenges of a long-term condition? Or have you marked a special achievement despite health difficulties? Please contact us with your story at andy.morton@dcthomson.co.uk

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Supreme Court tilt by Blue's Lee Ryan

BY STANLEY MURPHY-JOHNS

Blue star Lee Ryan is planning a Supreme Court challenge after losing previous appeals over his conviction for racially aggravated assault on an aircraft, a court heard.

The singer, 43, was "slurring his words and staggering around" after drinking a whole bottle of port before a British Airways flight from Glasgow to London City Airport in July 2022.

After being refused more alcohol and told to return to his seat, Ryan made comments about flight attendant Leah Gordon's looks, calling her a "chocolate cookie" before grabbing her wrists.

He was convicted of racially aggravated assault and behaving in an abusive way towards a cabin crew member in 2023.

After failing to appeal against his conviction, first at the Crown Court and then the High Court, Ryan now falls to be re-sentenced.

Yesterday his barrister Thom Dyke told Isleworth Crown Court the singer is making an "application for legal appeal to the Supreme Court".

Mr Dyke said the deadline for that application is August 11, and they expect an answer on a "point of law" within the next two months.

Ryan was not in attendance for the short hearing. During earlier court proceedings, the flight attendant said Ryan told her he wanted to have her "chocolate children" and wanted to kiss her.

Ms Gordon said: "He was making comments about my complexion, you're my chocolate darling, my chocolate cookie, and I'm going to have your chocolate children."

She went on: "It felt like he was saying I was beautiful for a black person because of the way he was describing my colour."

Ms Gordon said Ryan later approached her from behind, saying: "Before I get off this plane I need a kiss from you."

After telling him to "stay away", she said he grabbed both her wrists before passengers intervened.

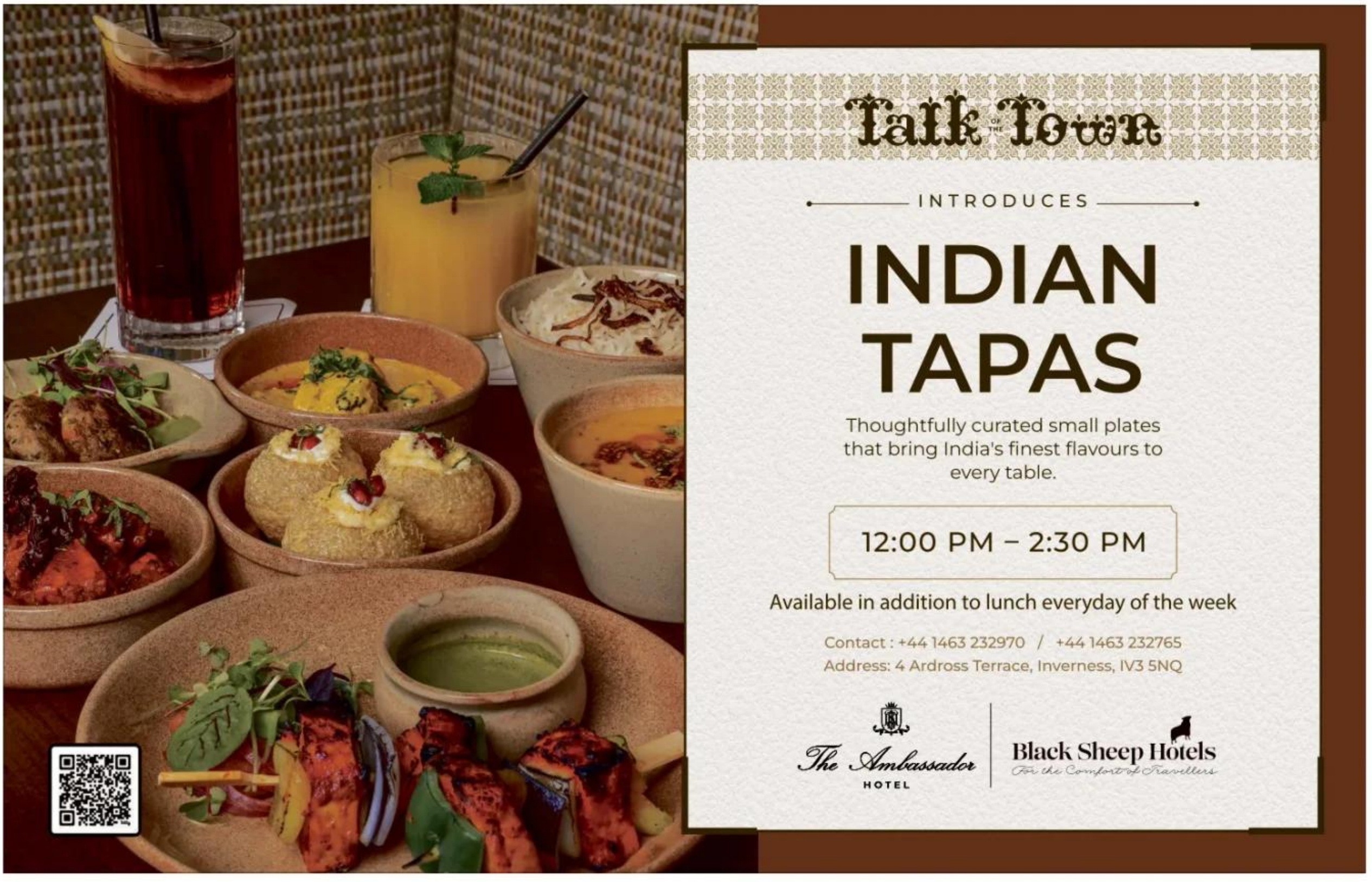
She added: "I was intimidated, I felt a bit embarrassed like I wasn't doing my duty properly.

"To get comments about my colour whether intentional or not, it was just unacceptable and so derogatory."

Ryan confessed to drinking a whole bottle of port and eating cheese in the British Airways lounge after the flight was delayed, and said he had no memory of the incident.

If the singer is unsuccessful in his Supreme Court appeal, he will be sentenced again at Isleworth Crown Court.

APPEAL BID: Lee Ryan was convicted of assault.



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THE PRESS AND JOURNAL
Saturday, August 8, 2026

Girl, 11, found dead in woodland river

An 11-year-old girl has died after emergency services found her in a river at a woodland park in Midlothian.

A search operation had taken place due to "reports of concern" for a young girl in Gore Glen Woodland Park, near Gorebridge.

Police confirmed she was discovered at around 4.25pm on Thursday and pronounced dead at the scene.

Yesterday, officers maintained a cordon around paths passing underneath Shank Bridge, with police tape blocking access along the walking route.

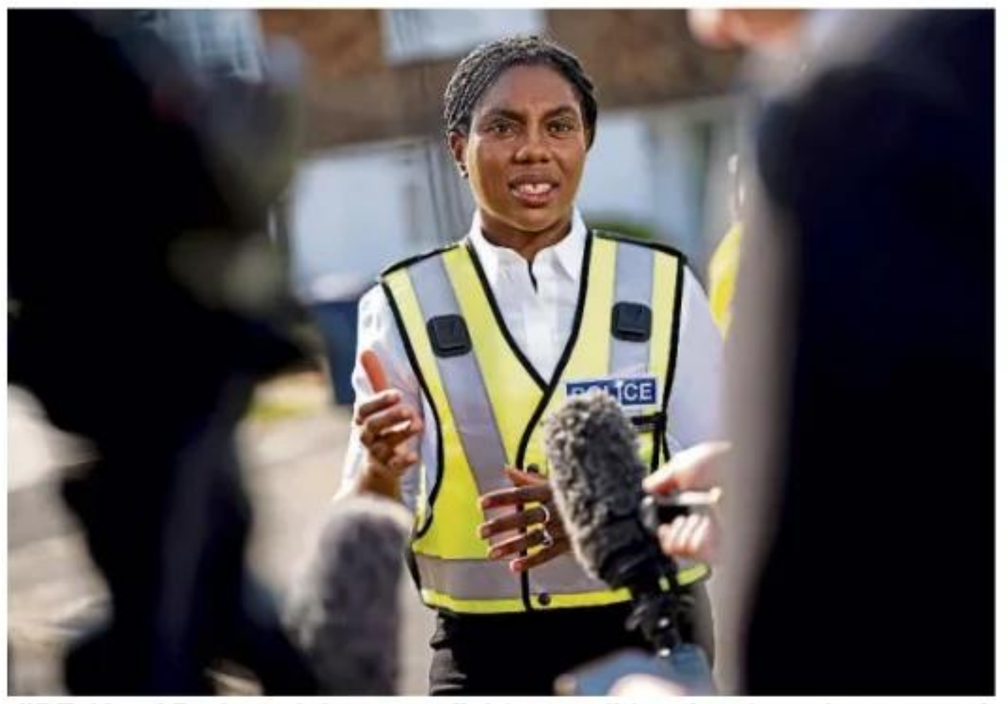
The bridge carries the A7 road between Edinburgh and the Borders over the Gore Water.

A Police Scotland spokesperson said: "We were made aware of concern for an 11-year-old girl in the Gore Glen area around 12.40pm on Thursday.

"The body of the girl was found in the Gore Water near to Shank Bridge around 4.25pm.

"She was pronounced dead at the scene and her family are aware.

"Her death is being treated as unexplained and inquiries are ongoing."



JIBE: Kemi Badenoch hopes to field a candidate in a 'genuine contest'.

Badenoch pledge for by-election

BY WILL MEAKIN-DURRANT

Tory leader Kemi Badenoch has vowed to "put forward a serious candidate" in Clacton – if a standards investigation leads to a second by-election in the Essex constituency.

Voters will go to the polls on Thursday after Nigel Farage stood down as an MP to trigger a by-election.

The Reform UK leader is standing for re-election and is one of 34 candidates on the 3ft-long ballot paper.

But none of the largest parties in Westminster – Labour, the Conservatives and the Liberal Democrats – are in the running, having dismissed it as a stunt.

In a letter "to the people of Clacton" on Thursday, Mrs Badenoch wrote: "Nigel Farage has called this by-election not to help you but to help himself."

Mr Farage is being investigated by parliamentary standards commissioner Daniel Greenberg over a £5 million gift from cryptocurrency tycoon Christopher Harborne, which he received before taking his seat in the Commons.

The investigation, looking at whether he should have declared the money when he arrived in parliament, was suspended on his resignation but is likely to resume if he wins the by-election.

If he is found to have broken the rules and a suspension of more than 10 days is imposed, it could trigger a recall petition and the prospect of Mr Farage losing his seat, forcing a second contest.

Mr Farage previously said he has "not broken the law in any way at all" and warned the standards probe was "now being used as a political tool".

Mrs Badenoch wrote: "Mr Farage wants the people of Clacton to settle his problems for him. He wants to point to you and say 'Even after the £5 million scandal, Clacton still chose me'."

She added that "the people of Clacton are entitled to ask why someone would donate Nigel Farage that kind of money".

Mr Farage told reporters earlier this year that the money was for his security, given to him "with the knowledge that the state in this country have never, ever wanted to help" him.

Mrs Badenoch, who is the MP for North West Essex, continued: "When the proper process has run its course and there is a genuine contest, we will be there.

"I will put forward a serious candidate who understands that representing Clacton is a job, someone who turns up, listens, holds meetings and works for the people who live here.

"When the real choice comes, the Conservatives will be there and I hope we can earn your support."

Mr Farage's opponents in Clacton include Count Binface, actor-turned-politician Laurence Fox, and three candidates from the Official Monster Raving Loony Party – Nick The Incredible Flying Brick, its leader Alan "Howling Laud" Hope and Baron Von Thunderclap.

Seven dead in school gun attack

INCIDENT: Relatives are comforted outside the school near Bangkok.

BY TIAN MACLEOD JI

A student shot several people at a high school outside the Thai capital Bangkok, killing at least five and wounding several others, according to authorities, who said the gunman also appeared to have separately killed his two grandparents.

The shooter then took his own life, officials said.

Five school staff members, including teachers and administrators, died in the shooting at around 10am yesterday at Debsirin Nonthaburi School in Nonthaburi province north-west of Bangkok, deputy interior minister Polapee Suwunchwee said at the scene.

The shooter also killed his two grandparents at home prior to the school shooting, Mr Polapee said.

Prime minister Anutin Charnvirakul, speaking after touring the school, confirmed reports that the shooter was 14 years old and killed himself.

He said the boy, who lived with his grandparents, had shown signs of stress connected to school.

The gun, described by police as small and compact, was legally registered to his grandfather, he said.

About an hour after the shooting, people stood outside comforting one another as police and first responders walked around the co-educational state school, which has about 3,000 pupils ranging from 12 to 18 years old.

A witness told reporters that pupils hid inside a classroom while they heard gunshots from another building before police officers cleared a way for them to leave the building.

Amporn Niamfuang, who owns a restaurant 50 metres from the school, said the narrow road outside quickly filled with fleeing pupils after the shooting started.

"At first I heard just one gunshot, and there was a pause," Ms Amporn said. "And then there were multiple continuous shots."

"Students were running scared and pouring on to the street. Young girls were holding each other's hands and crying. I went inside to hide."

Bangyai Hospital, about five kilometres (three miles) from the school, said 23 people were wounded and 10 were in critical condition, with most suffering gunshot wounds.

Earlier reports gave conflicting casualty numbers.

The school said all classes will be suspended from August 10 to 14, and school staff are instructed to work from home in that period.

After the school shooting, police went to the home of the shooter's grandparents but the door was locked and there was no response to their calls, regional police commander Wattana Yeejeen said.

Officers broke the door lock and found both the grandparents had died of apparent gunshot wounds, Commander Wattana said.

Ukrainian drones target Russian retailer

Ukrainian long-range drones hit a warehouse of Russia's biggest online retailer in the Ural Mountains, more than 2,000 kilometres (1,200 miles) from the two countries' border, local officials and the company said yesterday.

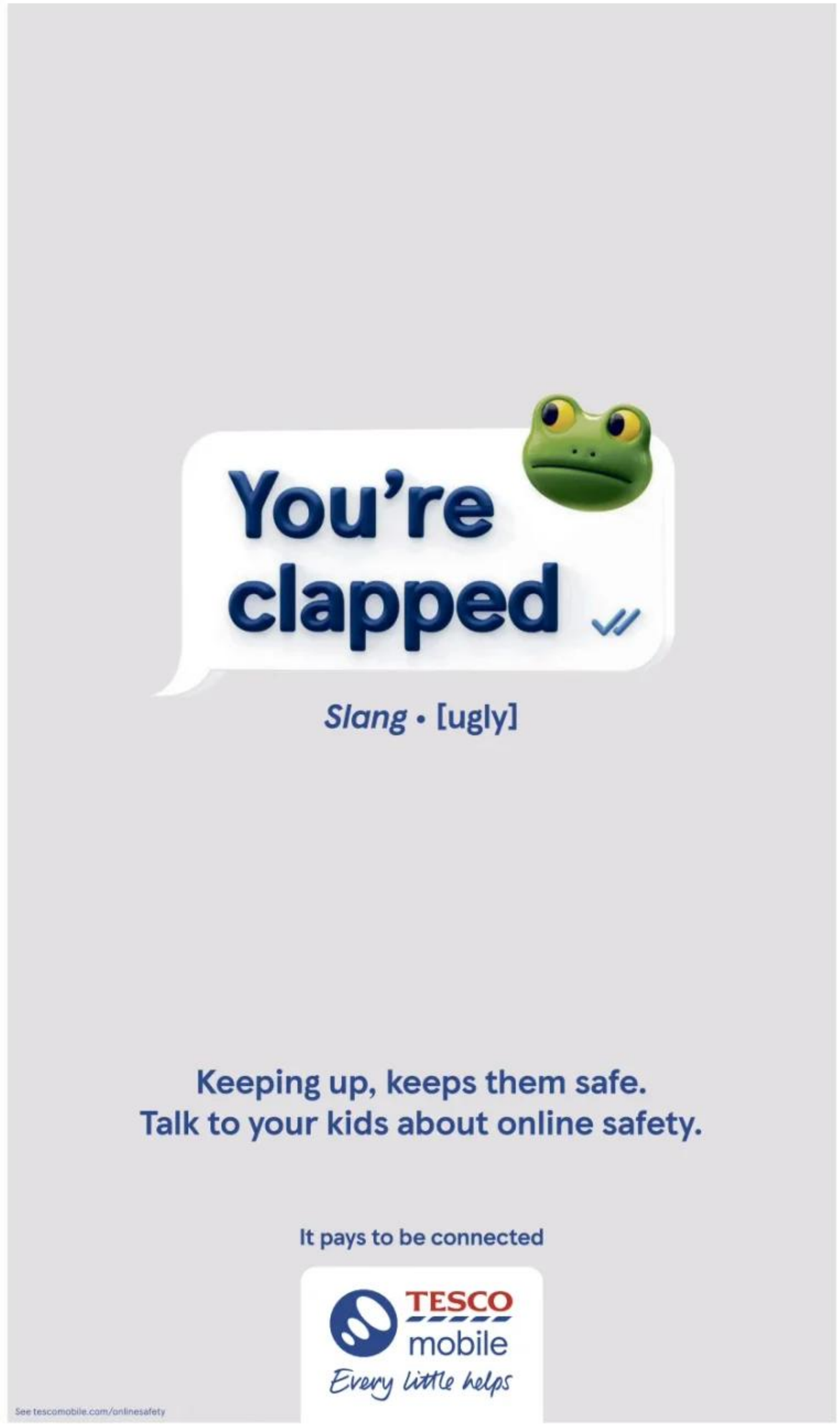
Ukraine has regularly hit targets in the distant Urals this year and has even struck a Russian oil refinery in western Siberia, nearly 2,500 kilometres (1,550 miles) from the border.

The attacks are examples of how Kyiv has used drone innovation as a key part of its response to the invasion by its much bigger enemy more than four years ago.

Its successes have drawn international interest and drone co-operation agreements with nine countries, with further deals being negotiated with 15 other countries, according to Kyiv officials.

Wildberries, Russia's equivalent of Amazon, said its warehouse in Yekaterinburg, Russia's fourth-largest city, was set ablaze by the attack.

Most merchandise was not damaged, the company said, unlike at some of the more than a dozen other Wildberries depots struck by Ukraine in recent weeks.



THE PRESS AND JOURNAL
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Art club drawing young and old as it revives former retail heartland

M-all good: Bon Accord Centre has been battered since lockdown but is now being given new energy

BY KIRSTIE TOPP

Top, Sally Reaper; above, The Mark Makers workshop.

Floorspace once occupied by clothes shops at the Bon Accord Centre in Aberdeen is now being used to bring hundreds of people into the mall following a creative transformation.

A few months into the Covid pandemic, the Warehouse and Oasis branches there were axed.

The units closed along with the neighbouring River Island, Dorothy Perkins and the Disney store during a bruising spell for the mall.

Now the space is being repurposed in a fresh bid to branch out beyond traditional retail options and bring more people into the Bon Accord Centre.

It comes as bosses forge ahead with plans to turn the old John Lewis into an entertainment mecca.

Management have linked up with an arts group to stage summer sessions in the Curated space on the ground floor once occupied by the clothes stores.

WHAT HAS BEEN HAPPENING AT ART SESSIONS?

Budding artists and those keen to try their hand at a new craft have been flocking to the hit summer art club.

Edit Aberdeen's six-week Spark! programme has been running workshops since July 6.

They are open to all ages and abilities. All of the two-hour sessions are led by local artists, designers and makers.

So far participants have made woven bookmarks, ceramic ornaments and paper collages.

But there are still exciting events to come, including four sold-out Build a Blob workshops with Channel 4's Great Pottery Throwdown winner AJ Simpson.

More than 500 people have paid for places there already.

PEACE AND QUIET AS ARTISTS GET TO WORK

The Mark Makers session hosted by Di Bumpus is under way in a space near Costa, which was turned into the Curated spot in May.

There are three picnic benches filled with participants of all ages – and the room is quiet as everyone is so focused on their work.

Their first task was to draw the first letter of their names and fill it with patterns and pictures.

Di stops everyone to tell them they will switch from pencil to charcoal – a new experience for many of the youngsters in the room.

Gracie and Theo Saunders are visiting Spark with mum Hazel and granny Betty Lynch.

Gracie says this is her third workshop, having previously attended leaf printing and quilling sessions.

She can't choose a favourite as she liked them all.

However one class left a lasting impression.

She says: "I liked the quilling because it was completely random, I did an avocado."

Mum Hazel was quick to praise the workshops.

She says: "This is a great room, it's good that it's really accessible and we are all taking part.

"It's very chilled out too, so you can relax."

This was Gracie's first time drawing with charcoal, but granny Betty tells her: "We used to use it long ago to light the fires..."

'IT'S AWFULLY GOOD FUN'

Sitting behind the family is 84-year-old Frieda Leiper who happened upon the class by chance when visiting the nearby NHS facility in what was once Woolworths.

"I came in for a vaccination then saw the advert," she tells me.

"I thought it was a lovely idea to go to a venue

where you can just sit, relax, and do things you want to do.

"And I thought Mark Making was ideal, just to spend an afternoon doing something nice and relaxing.

"It's awfully good fun," she added.

One of the organisers who made the art club possible is Sally Reaper, co-director of Look Again, Gray's School of Art's creative unit.

Pilot workshops that were held in April and May were so well received that she and Peter Baxter of Deemouth Artist Studios decided to bring them back over the summer.

Sally explained: "It was so popular and we always wanted to give people something to do and give them access to creative opportunities.

"It's also a really good way to keep funding our makers and designers."

And so far, it seems like the workshops have been a huge success. "It's just been brilliant, there's been an absolute buzz.

"I feel we really have done something good," a delighted Sally tells me.

MAKING A MARK: Frieda Leiper, above left, found the class when she visited the Bon Accord for a vaccination; right, from top, Gracie and Theo Saunders; AJ Simpson, who won the Great Pottery Throwdown; Laura, Mary and Callie with their artworks.

VOLUNTEER STUDENTS AND GRADUATES

"The feedback we've got from the public is that they want more and want it permanently."

But it's not just established artists who have benefited from the art club.

The city's art students as well as graduates have been volunteering throughout the event.

They have even delivered their own workshops.

Meanwhile, 120 fully-funded spaces were made available to the community thanks to a £2,500 cash boost from Aberdeen City Council's culture investment programme, Acorn.

Finally, the Curated events will also help to support Charlie House and its work to improve the lives of children with life-limiting and life-threatening conditions.

The Spark! summer art club will run until next Sunday.

The events have been made possible thanks to a partnership with Smart Art Agency and RGU's Gray's School of Art.

■ **Visit eventbrite for more details and to book a place on any of its future workshops.**

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POWERBALL

PLAY BY 11:55PM THIS SATURDAY

THE PRESS AND JOURNAL
Saturday, August 8, 2026

FROM THE ARCHIVES

Granite City doctor who made lifesaving childbirth discovery

Forgotten grave: Alexander Gordon made breakthrough in 18th century and medics are eager to restore his burial place

BY KIRSTIE WATERSTON,
PAST TIMES WRITER

Gordon's broken gravestone in St Nicholas Kirkyard.

GROUP EFFORT: Professor George Youngson, Dr Martin

Recognition is being sought for an 18th century Aberdeen doctor who pioneered hygiene control to prevent infection in obstetrics before science even had an understanding of bacteria.

Even without the benefit of medical advances, soap and water now seem like common sense for infection control – especially in the wake of a global pandemic.

But this was once a radical, even controversial, concept when obstetrician Dr Alexander Gordon researched highly contagious, fatal postpartum fever during an epidemic in Aberdeen.

His discovery of the importance of hygiene prompted hostility from medical peers – and ultimately cost him his career in Aberdeen.

History has all but forgotten his life-saving contribution to medicine in the late 1700s.

A medical heritage group is seeking to remedy this with the restoration of his broken gravestone at St Nicholas Kirk.

Retired Ellon GP and lecturer Dr Martin Pucci is one of a number of doctors in Aberdeen Medico-Chirurgical Society wishing to see true acknowledgement for Gordon's achievements.

He said: "What we're trying to do is bring a bit of recognition for Alexander Gordon, his grave is in a serious state of decay.

"If the gravestone itself proved far too expensive to renovate, even a plaque on the wall would help.

"There was a Hungarian doctor, Semmelweis, who seems to get all the praise for describing puerperal fever, when actually it was Gordon.

"The heritage society is just trying to recognise the men and women who have contributed an awful lot to medicine and research in Aberdeen."

Alexander Gordon was born at Milton of Drum Cottage by Drum Castle, with twin brother James in 1752, where his father was a tenant farmer.

While James followed their father into farming, Alexander took a very different path into academia, studying medicine at Marischal College in 1775.

Woolmanhill – the original Aberdeen Royal Infirmary.

The plaque at 17 Belmont Street.

OUTBREAK OF CHILDBED FEVER

Further clinical experience was gleaned on the wards at the new Aberdeen Royal Infirmary, which opened at Woolmanhill in 1742.

After further study in Edinburgh, and at a leading medical school in Leyden, Holland, he became a very proficient physician.

In 1780, aged 28, he joined the Royal Navy, progressing to the rank of surgeon.

After five years' service, Gordon continued to broaden his healthcare horizons.

Rather than taking the usual, more comfortable, route of becoming a private practitioner within the upper echelons of society, he studied further in London, learning about midwifery and dissection.

Gordon returned to Aberdeen in 1785 aged 33, with a huge amount of obstetric experience.

He lived at 17 Belmont Street and was appointed physician-in-charge at the new dispensary at Aberdeen Royal Infirmary, while also working as a GP specialising in obstetrics.

In 1789, a dreadful outbreak of puerperal fever, also known as childbed fever, occurred in the Granite City.

The fever, occurring immediately after childbirth, is a bacterial infection of a woman's genital tract caused by the streptococcus bacterium.

A devastating disease, it quickly progresses to acute abdominal pain, swelling, fever, sickness and, in the 1700s, half of the women died within five or six days.

Gordon was familiar with childbed fever from his time in London, and during the Aberdeen outbreak he kept meticulous records on cases.

'FILTHY APRON WITH BLOOD ALL OVER IT'

Over three years, of the women he attended, 28 of them aged between 17 and 42 died.

His detailed notes recorded addresses, surviving patients and, crucially, the doctors and midwives who helped deliver the babies.

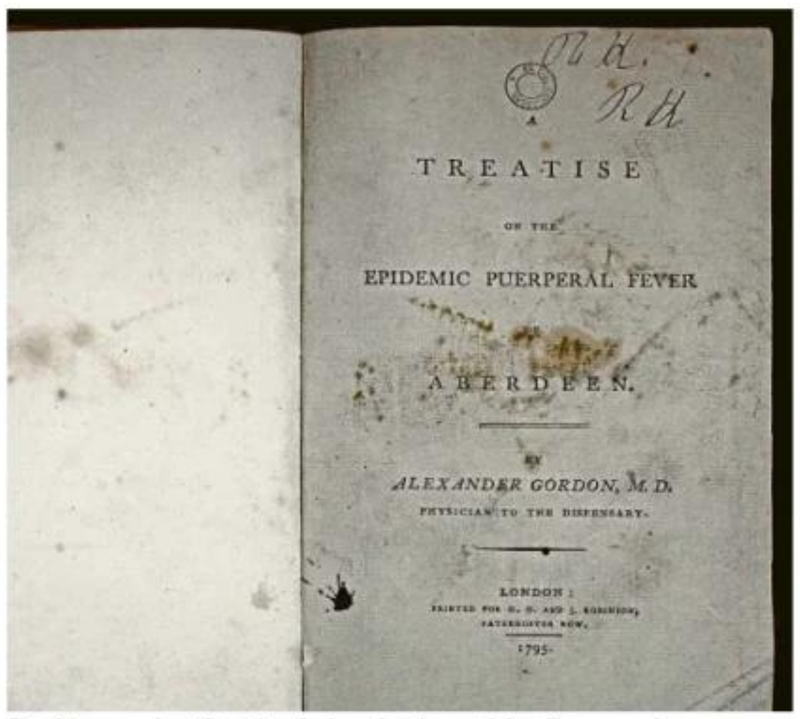
Gordon made the horrifying realisation that it was these midwives and doctors, including himself, transmitting the infection between births.

He worked out it was likely the bacteria was being carried on their hands and clothes, and published his findings in a book in 1795.

Dr Pucci explained: "For doctors who were doing post-mortems at this time, it was almost part of the uniform, to have a filthy apron with blood all over it.

"It wasn't a case of not

Pucci, also inset left, and Dr Donald Thomas at the grave. Pictures by Darrell Benns.



Dr Alexander Gordon's book about his discoveries.

The gravestone is broken and difficult to read.

WEEKEND QUIZ ANSWERS

1. Purple
2. Atletico Madrid
3. The Hubble Telescope
4. Puck
5. Zeno of Elea
6. Two
7. Phil Mickelson
8. Boy
9. 1970s (1975)
10. Bamboo

BIRTHDAYS

Dustin Hoffman, actor, 89; Connie Stevens, actress and singer, 88; Keith Carradine, actor, 77; Nigel Mansell, former racing driver, 73; The Edge (David Evans), rock guitarist (U2), 65; Angus Fraser, former cricketer, 61.

Nigel Mansell.

An early image of surgery at Woolmanhill in the 1800s.

Alexander Gordon's former home at 17 Belmont Street.

Prof Youngson, Dr Pucci and Dr Thomas.

bothering with hygiene, they just didn't understand it then.

"But it was Alexander Gordon that said, we've got to start washing our hands and washing clothes."

He encouraged them to wash properly and fumigate clothing between deliveries.

While Gordon was correct in his compelling evidence about hygiene, the midwives were far from happy to be implicated in these deaths.

And when he suggested gruesome "blood letting" of one to two pints of blood after birth as a way of treating the fever, it made him even less popular among peers.

> They just didn't understand hygiene

Ultimately he left Aberdeen due to strained relationships with midwives, and returned to naval service.

He came back to the north-east to live with his brother around 1796 after contracting tuberculosis, and died in 1799.

In the decades after his death, other doctors made the same observations around puerperal fever with little to no regard of Gordon's work.

American doctor Oliver Wendell Holmes published an acclaimed paper – "On the contagiousness of puerperal fever" – in 1843.

GRAVESTONE TOPPLED OVER AND CRACKED

The following year in Vienna, Ignaz Semmelweis wrote about his findings, observing almost the same phenomenon as Gordon did, half a century before.

History and modern medicine remember Semmelweis as "the saviour of mothers", for pioneering hygiene practices, with no acknowledgment to Gordon's original findings.

Not only has Gordon's enormously important contribution to working out why childbed fever affected women been overlooked, his grave has been forgotten too.

Like many of the great people of Aberdeen, he was buried in St Nicholas Churchyard off Union Street.

But his gravestone has toppled over, cracked, and the inscription is barely legible.

The heritage group linked to the Med-Chi Society at Foresterhill is now keen to raise awareness and funds towards repairing the grave and honour his memory. It is hoped Gordon will finally receive the wider recognition he deserves beyond medical circles in Aberdeen.

■ To help with the appeal or fundraising, the heritage group at Aberdeen Medico-Chirurgical Society can be contacted online or on 01224 437104.

THE PRESS AND JOURNAL
Saturday, August 8, 2026

Taking wraps off Call The Midwife Christmas special

FRESH FACES: Ellie Mckay as Olive Dobbs, Liv Andrusier as Marianne Siegler and Lizzie Back as Sybil Maxted.

BY CASEY COOPER-FISKER

First-look images of the Christmas special of Call The Midwife have been released after filming wrapped on the three-part episode.

Call The Midwife: Sisters In Arms will be a prequel to the BBC series, set in Poplar in 1939 during the outbreak of the Second World War.

The pictures show new faces Helena Wilson, Ellie McKay, Liv Andrusier and Lizzie Back in their uniforms.

Former Coronation Street star Julie Hesmondhalgh also joins the cast.

Heidi Thomas, writer and showrunner, said: "Call The Midwife has a long and noble history of filming Christmas specials during heatwaves, and this year we welcomed the snow-machine back to the Nonnatus House set like an old friend.

"But I was surprised how many new emotions Call The Midwife: Sisters In Arms sparked. In particular, the evacuation of Poplar's children, and the fear they may not make it home for Christmas had us all in tears."

Call The Midwife, which follows the group of nurse midwives working in east London through the decades, began in January 2012 and has had 15 series.

A synopsis for the special from the BBC reads: "Sister Monica Joan is in her prime, Sister Julienne and Sister Evangelina are young and zealous, and Nonnatus House is the beating heart of Poplar.

"Together with Sister Alice, and local GP Dr Kit, the nuns dedicate their lives to mothers, babies and those in need. But there is no gas and air, no penicillin, no cure for TB, and no welfare state.

"Then war is declared – and life gets even harder. The three young secular midwives who complete the team – Sybil, Olive and Marianne – receive a baptism of fire as the blackout and the Blitz take hold.

An exact broadcast date has yet to be announced but the special will be aired during the festive period.

Previous series of Call The Midwife are available on BBC iPlayer.

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The P&J doesn't just report the north – we represent it. From energy to farming, housing to healthcare, we take the issues that matter most to our communities and put them on the national agenda. The north-east deserves more than headlines. It deserves a champion.

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Trills and thrills for Rowland

BY PIERRA WILLIX

ITV has released a first look at the upcoming season of The Voice, which sees Kelly Rowland join as a coach.

The Destiny's Child singer, 45, has replaced country singer LeAnn Rimes, who left the show after one season.

Rowland will join Will.i.am, Sir Tom Jones and last year's winning joint coaches, Tom Fletcher and Danny Jones from McFly, as coaches.

Emma Willis – who will also host the upcoming season of Strictly Come Dancing – will also return to The Voice this season, with ITV teasing she will be "steering the show through every emotional high note, electrifying performance, and dramatic chair turn".

A new change is also being introduced – the Rewind button, which will give each coach one chance during the Blind Auditions to change their mind about an act who has left the stage without a single chair turn.

If a coach realises they have made a mistake, they can hit Rewind, bring the act back, and offer them a place on their team.

In June last year it was reported that Rimes had quit The Voice after one season, with ITV then confirming the news a month later when announcing Rowland had signed up.

At the time Rowland said: "I am excited to join The Voice UK as a coach and am looking forward to working with the excellent and passionate coaches the show is known for.

"I can't wait to hear all the new talent and to go to battle for my team. Let's go."

Rowland began her career in the 1990s with US girl group Destiny's Child, alongside Beyonce Knowles and Michelle Williams, the singer has also achieved two UK No 1 solo singles in Dilemma with rapper Nelly and When Love Takes Over with DJ David Guetta.

She has also had four hit albums in the UK, including a No 1 in 2003's Simply Deep.

The singer previously appeared as a judge on the eighth season of The X Factor UK, where she was credited with putting British girl group Little Mix together, who went on to win the show in 2011.

She also previously coached on the Australian version of The Voice between 2017 and 2020.

The Voice UK is coming soon to ITV1, ITVX, STV and STV Player.

IN CHAIRS: Sir Tom Jones, Danny Jones, Kelly Rowland, will.i.am and Tom Fletcher.

WIN

2 tickets to see Jane McDonald at P&J Live!

TWO PAIRS UP FOR GRABS!

JANE McDonald

National treasure and singing sensation Jane McDonald brings her brand-new Living The Dream UK tour to P&J Live on Wednesday 2nd September 2026.

The much-loved star of stage and screen will perform across the UK, including this Aberdeen date, celebrating the release of her new album Living The Dream, due out next spring.

Recorded in Nashville's famous Blackbird Studios, the album is Jane's 11th studio release and features nine original songs alongside four reimagined country classics, showcasing her love of country music and her incredible vocal talent.

All you have to do to be in with a chance of winning is simply email pjcompetitions@pressandjournal.co.uk with the subject heading "JANE MCDONLAD" and let us know your full name, address, postcode, contact phone number and date of birth by Monday August 10 at 9am.

Visit www.pandjlive.com for event information and tickets P&J LIVE

The P&J

TERMS & CONDITIONS: Entrants must register by Monday 10th August at 9am. Entry to this competition is by e-mail. If you have no access to a computer, call us on 0800 025 3059 and leave your name, address, contact number and date of birth. Entrants must be 18yrs or over. A random draw will take place to decide the winner. The prize is as stated, cannot be exchanged, and has no cash value. Employees of DC Thomson Ltd and immediate families may not enter. The editor's decision is final. Your personal information will not be retained beyond the competition period as per our Privacy Policy. Full competition terms and conditions including Privacy Information at www.pressandjournal.co.uk/competition-terms

Director and playwright Peter Gill, 86

Actor Luke Evans has paid tribute to acclaimed stage director and playwright Peter Gill after his death, and said: "He changed my whole professional life."

Gill, who has worked with stars including Sir Ian McKellen and Sir Michael Gambon, died "peacefully" at assisted living residence Denville Hall on Monday aged 86, his agency has confirmed.

The Olivier-nominated playwright was widely hailed as a pioneer in his field, known for his realistic staging and his creation of modern working-class shows such as The York Realist, Small Change, and The Sleeper's Den.

In a statement to the Press Association from his agent Mel Kenyon, Gill was remembered for having a "rare emotional delicacy" in his work.

Kenyon said: "Whenever we talked, I walked away a wiser person. He taught me so much just by being him."

Welsh actor Evans also paid tribute to Gill in a post to Instagram on Tuesday, and he remembered the theatre director for changing the trajectory of his career after casting him in a 2008 revival of Small Change.

Evans, who has since appeared in The Hobbit trilogy, the Fast And Furious franchise, and Disney's live-action Beauty And The Beast film, credited Gill for his successful acting career.

Over a black and white photo of the thespian, he wrote: "This man gave me a role in a play when I was 27 that changed my whole professional life.

"Peter Gill has passed away at 86 leaving behind a legacy of work that I was very lucky enough to be a small part of.

"Without that play Small Change that he wrote and directed me in, I don't think I would have ever had a film career, or any career, to be honest.

"RIP dear Peter and thank you."

Gill started his widely successful career in theatre as an actor, and has gone on to hold senior roles at institutions such as the Royal Court.

He was also an associate director at the National Theatre where he set up the National Theatre Studio to give playwrights and directors space to develop ideas.

Gill is widely regarded for his influence in British theatre, and often drew on his experiences of South Wales in his work – which focused on explorations of class, family, identity, and belonging.

During his decades-long career, he has worked with stars such as Michael Pennington, Vanessa Redgrave and Julian Glover on a variety of theatrical productions.

He has also staged shows by Anton Chekhov, David Mamet and Harold Pinter who are widely regarded as some of the greatest playwrights of all time.

Olivier Award-winning theatre director Michael Grandage also paid tribute to Gill, and said: "I believe Peter's contribution to the British theatre will come to be regarded as quietly seismic.

"Through the observation of the domestic, he always gave us something universal."

Tamara Harvey, co-artistic director of the Royal Shakespeare Company, said: "His unerring ability to capture the complexity of human existence will live on in his writing but he will, nevertheless, be deeply missed."

ACCLAIMED: Peter Gill, right, with actor Luke Evans.

Death Notices

BLANCHARD
(Muir of Ord)

Ron "Rocket" Blanchard passed away peacefully, at Raigmore Hospital, Inverness, on Thursday, July 30, 2026, aged 75 years. Cherished husband, brother, brother-in-law, uncle and friend to many. Rocket will be forever remembered for his love and commitment to motorsport. A celebration of Ron's life will be held at The Black Isle Show Ground, Food and Craft Hall, on Tuesday, August 18, 2026, commencing at 1pm, thereafter to Urray Cemetery, all family and friends respectfully invited. Family flowers only please, but a donation, if desired, can be made at the service for Maggie's Highlands and Prostate Cancer Research. All enquiries to Mairi Urquhart & Son. Tel: 01463 870 891.

Missed a family notice?
www.pressandjournal.co.uk/familyannouncements

CAMERON

Peacefully, at Ballifeary House Care Home, on Wednesday, July 29, 2026, Ann Margaret Cameron, 'Aonachan', 34 Castle Heather Crescent, Inverness, aged 86 years, formerly of Nevis Bridge, Fort William. English teacher in Finland and for the British Counsel. Loving sister to Harley and loved by her sister-in-law Susan, a dear aunty and a well loved friend of many. Funeral service on Monday, August 17, at 11am, in Greyfriars Free Church, followed by burial in Blarour Cemetery, Spean Bridge, on Wednesday, August 19, at 2pm. All warmly invited. Arrangements by William T Fraser and Son, Culduthel Road, Inverness.

They want to know
Call 01224 691212
9am-5pm, Monday to Friday

DAWSON
(Whinbrae)

Peacefully at ARI on Saturday, August 1, 2026, Winnie (nee Harper), aged 92 aged, beloved wife of Bill for 68 years, much loved mum to Richard and Raymond, devoted grandma to Eleanor, William, Louise and Lynsey also a loving great-grandma. Funeral service in Insch Parish Church on Friday, August 14, at 11am, thereafter to Insch Cemetery. All friends are respectfully invited. Family flowers only please. Donations in lieu, if desired, may be given at church door in aid of RSABI.

DICKIE
(Auchnagatt)

Peacefully, at Ythanvale Care Home, with her family by her side, on July 28, 2026, Isobel Margaret Dickie (nee Duncan), aged 85. Dearly loved wife of the late Ronald, much loved mam of Graeme, Bruce and Alistair, mother-in-law, granma, great-granma and sister to Ian. Sadly and sorely missed. Service to be held at Robert Mackie, Almanythie Hall, Peterhead on Wednesday, August 12, at 1pm, to which all family and friends are respectfully invited. Bright colours can be worn. No flowers please but if so desired, donations can be made to chosen charities.

FRASER
Kathleen
(nee Mackenzie)

Suddenly, on Sunday, August 2, 2026, Kathleen, beloved wife of John, much-loved mum of Karen, Robert and Iain, dear mother-in-law of Gavin, Kamila and Lucy and devoted granny to Calum, Ruaridh, Wojtek, Olivia and Cecilia, much-loved daughter of Hector and Margaret Mackenzie of Gairloch and sister of William and Margaret. Funeral service at Gairloch Free Church, on Monday, August 10, at 11am, followed by interment at Gairloch Cemetery. All friends respectfully invited. Family flowers only, please. Donations, if desired, in Kathleen's memory to MIND and SAMH.

MACINTOSH
(Inverinate)

Peacefully at Raigmore Hospital on Wednesday, August 5, 2026, with her family by her side, Jean Isabella Anne MacIntosh, nee Campbell, Forester's Bungalow, Inverinate, Kyle, aged 77 years. Much-loved wife of Grant, most loving mother of Donald and Wee Sandy, dear sister, sister-in-law and aunt. Will be very sadly missed by her many friends. Memorial service on Tuesday, August 18, at 2pm in Kintail Parish Church, following private family service earlier that day in Inverness Crematorium. Arrangements by D N Munro, Glenshiel, Tel: 07799217120.

They want to know
Tell relatives and friends about an engagement, marriage or birth
Call 01224 691212
9am-5pm, Monday to Friday

MAIN
(Aberdeen/Huntly)

Unexpectedly but peacefully at home, in his favourite armchair, on Friday, July 31, 2026, Frank (Francis), aged 77 years, cherished husband of Sheila, much loved father of Gina, Nicola, Jason and Sonny, devoted papa to Lochlan, Cairan, Charlotte, Kylyn, Moyrin, Braden, Sheila and Brodie, dear brother, uncle and a devoted reliable friend to many. Funeral service in Ian Esslemont Funeral Directors Chapel, Chapel Street, Huntly on Thursday, August 13, at 1.30pm, thereafter to Huntly Cemetery. All friends are respectfully invited. Flowers welcome, but donations may be given in memory of Frank at Chapel door in aid of Chest Heart & Stroke Scotland.

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SHEARER
(Alford/Kildrummy)

Suddenly but peacefully at A.R.I. on Friday, July 31, 2026, Ian, aged 91 years, devoted husband of Helen, much loved dad to Elaine and Rhoda, father-in-law to Aly and Stuart, proud granda to Steven, a dear brother, uncle and good friend. Funeral service at Kildrummy Kirk on Wednesday, August 12, at 1pm. Interment thereafter to Kirkyard. All friends respectfully invited. Family flowers only please. Very sadly missed.

WHYTE
(Fraserburgh)

It is with great sadness the family announce the peaceful passing, at ARI, on Saturday, August 1, 2026, of Eva (nee Esson), aged 89 years. Loving wife of the late Jimmy, much loved mum of Julie and the late Derek, cherished mother-in-law of Victor, loving and proud granny of Fiona and Alexander, adored sister and aunt and a great friend to many. Funeral service from Alexander Buchan and Son Funeral Chapel, on Monday, August 10, at 1.30pm, thereafter to Kirkton Cemetery, to which all family and friends are respectfully invited. Family flowers only, please. "Forever in our hearts."

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Acknowledgements

GRAY
(Auchnagatt)

Arthur, Sheila and Ian would like to give heartfelt thanks to all who expressed their sympathy to them, by way of cards, flowers, phone calls and messages following the sad loss of Mam, Meggie. Special thanks to Jane, Colin, Tom and Alison at A D Walker Funeral Directors for handling all the arrangements with their usual care and expertise. Sincere thanks to Robin Wiseman for conducting the service in his usual, excellent, down to earth friendly manner. Warmest thanks to Anne Smith and her helpers for the magnificent lunch back at the 'Gatt' Hall. Thank you to Moira and Pat for having the Hall so welcoming and to Dave Smith for making his park available at the cemetery. Thanks also go to all the numerous Carers, Nurses, Medical staff and Care staff who looked after Mam over the years, whether at home, hospital, or at Dounemount Care Home and to all who took the time to visit Mam in hospital and Macduff. Your visits were much appreciated. And finally, huge thanks to all who travelled from near and far to the service and gave, so generously, the sum of £584.70 to Cancer Research.

HAY
(Fraserburgh)

The family of the late John Alexander Hay wish to thank all relatives, friends and neighbours for the many kind and thoughtful expressions of sympathy extended to them following the recent passing of a much-loved dad, father-in-law, granda and great-granda. Thanking all Health Care Professionals from Saltoun Surgery, the Community Nurses and staff at Jarvis Court for their care and friendship over the years with further thanks to the Rev. Mike Newlands for his pastoral support and comforting service. Thanks to The Flower Shop, Peterhead for the beautiful floral tributes; to everyone who donated so generously to Jarvis Court tenants activity fund; to Strichen Lodge for welcome refreshments provided; to Craig and the team at Robert Mackie Funeral Directors for their professionalism, kindness and guidance ensuring John had a smooth, dignified final journey and finally, grateful thanks to everyone who paid their last respects both in Fraserburgh and District Parish Church and Strichen Cemetery.

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/familyannouncements

REID
(Kemnay/Alford)

Davie, Margaret, Ian, Martin, Fiona and families thank all relatives and friends for their kind and thoughtful expressions of sympathy received by way of cards, flowers and messages, following the loss of Lorrainne. Grateful thanks to Cammy Campbell for his uplifting service, to Jack, Bud and Neil for all their care and support; also Garioch Indoor Bowling Club for the excellent teas. Finally, thanks to everyone who attended the service, giving Lorrainne a lovely send off and for the generous donation of £340 for Ward 114. She will be remembered forever with love.

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ROBERTSON
(Mintlaw)

The family of the late Annabella (Ella) Robertson would like to take this opportunity to thank all relatives, friends and neighbours for all the many kind and thoughtful expressions of sympathy extended to them in so many ways, along with the generous donations received in lieu of flowers for Mintlaw Ramblers and Pensioners, during their recent sad loss of a dearly loved mum, mother-in-law, granny, great-granny, great-great-granny, sister, sister-in-law and friend. Grateful thanks to the family doctor along with doctors and staff at Ward 208 Aberdeen Royal Infirmary for their care and kindness along with Chaplain Paul Innes for his kind visit and for such an uplifting celebration of Ella's life. Thanking Stuart and colleagues at Robert Mackie Funeral Directors for their guidance and Longside Football Club for the lovely teas. Finally, to all who paid their last respects both in The Almanythie Hall and at Old Deer Cemetery.

Today's Text

BUT You are our Father, Lord. We are like clay, and You are like the potter. You created us. — Isaiah 64, 8.

STEWART
(Tarland)

Sandra, Annabel and Martin sincerely thank everyone for their kind messages, cards and flowers received following the sad loss of Charles. Special thanks to all the staff at Ward 305-ARI for their compassion and excellent care; to Heather Morrison, MBE for her kindness and support and for leading a beautiful service of Celebration for Charles' life; to Dr. Paul Anderson, MBE for his uplifting music; to Tarland Church and Graeme Bruce for their help and support; the Secret Garden for the beautiful floral tribute, the Commercial Hotel for the teas following the service; also to Duncan & McCombie, funeral directors, for their warmth, kindness, professionalism and support. Finally thanks to all who attended the service to pay their respects and generously donated £886 for Chest, Heart & Stroke Scotland.

Missed a family notice?
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TAYLOR
(Mintlaw)

Bill, Gordon, Derek and Frank and their Families would like to thank all relatives, friends, colleagues and neighbours for many kind expressions of sympathy, and cards received following the sad loss of George, much loved Dad, Grandad, and Great Grandad. A thank you goes out to Aberness Carers/ Healthrites Carers and NHS Arch responders for making George lifestyle as comfortable as possible in his own home. Our heartfelt thanks goes out to A.R.I Ward 108 for the exceptional care, kindness the staff provided at the final stages of George life. Sincere thanks to Ali MacLeod for capturing a representation of George and families memories in her comforting service. Thanks to Old Deer Parish Church and Buchan Indoor Bowling Club for the refreshment venue. Elidh Davidson and her catering team for the professional service of Soup & Sandwiches and fine pieces. Special thanks to Owen and the team at Buchan Funeral Directors for their very efficient, professional and caring funeral arrangements. Paulas Corner for magnificent flower arrangement and the table displays, which added sentimental values, as they were flowers from "George's" garden. It's not to go without mentioning the kind support and dedication of family members ie daughter-in-law - Carron that ensured George was chauffeured to all his medical appointments, carrying out the daily errands for many a year, for the likes of milk, baps, ham, eggs and grapes. To the remaining daughter-in-laws - Jayne & Norna for all the encouragement and kind support, over the years, keeping Georges spirits high with laughter and entertainment. Special tribute for supporting Bowlers from local and surrounding clubs, that paid tribute with a blazer display in the Guard of Honour at church door. Final thanks to all who came to pay their last respects at the church service and graveside, and the generous donations at the door to a sum of £762 for local charities. So dearly missed, and never to be forgotten, with Love Always, our Parents – "Together Again"

THOMPSON
(Leochel Cushnie/ Inverurie)

The family of the late Rena wish to thank all relatives, friends and neighbours for the kind expressions of sympathy received by way of cards, flowers and messages following their sad loss. Special thanks to the staff at ARI and Donbank Ward, Carers and First Responders who tended Rena in her final days. Grateful thanks to the Rev. Simon Crouch for his uplifting service, Duncan & McCombie, Funeral Directors for ensuring the arrangements were handled compassionately and professionally; also to New Hope Cuisine for the excellent teas. Finally, to all who paid their last respects at the graveside and generously donated in excess of £342 for Donbank Ward, Inverurie Hospital.

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Special Messages

Remembering

KENNY BARNETT

Always in our thoughts,
Forever in our hearts.
From Mandy, Scott, Greig and Ross
x x x x

Missed a family notice?
www.pressandjournal.co.uk
/familyannouncements

Remembering

GORDON SELLAR
27/06/1938 - 09/08/2015
11 years since you passed away.
Forever remembered.
Forever missed.
From all the family xxx.

THE FONDEST Farewell

Pay tribute to your loved one

Losing someone special is heartbreaking and there will be many memories you have of them which you will treasure. You can remember a loved one by paying tribute to them in the pages of our newspapers and let others know about their passing. These carefully written words can become a lasting keepsake for years to come.

You can submit a written obituary yourself or through your funeral director, or if you would prefer, a skilled and experienced obituary writer can contact you. They will help you recall the memorable events in your loved one's life and create a lasting tribute to them which, once approved by you, will be published in the newspaper and online.

To discuss or book a death notice - call
01224 691212
or email: **yourads@dcthomson.co.uk**
and we'll help you create a fond farewell in commemoration of your loved one.

DC THOMSON

THE PRESS AND JOURNAL
Saturday, August 8, 2026

Letters to the editor

Send to – **Letters, The Press and Journal, 1 Marischal Square, Broad Street, Aberdeen, AB10 1BL** or email **letters@pressandjournal.co.uk**
All letters are subject to editing and must include your full address and daytime telephone number for verification. Thank you.

Drivers are being punished for parking legally

PRICEY: A penalty charge can cost a driver £100 in Aberdeen city centre.

Sir, – I find it incredible that due to a one-off, one-time delay in returning to my car – with parking paid for two hours – that, on appealing to Aberdeen City Council, they took the decision not to approve my appeal.

I had to park in an alternative car park to my usual one (which is far nearer to my salon) for my therapist appointment, as ACC let the nearer car park be used to store equipment, pipes and other kit, for the lengthy works taking place on Holburn Street.

These works also severely restricted "free", no-time-restricted car parking and have done so for months now.

ACC's choice of payment apps no longer let you extend your time until your parking expires.

This means you have a short window to do it before their stipulated penalty applies.

I'm sorry, but not everyone's day goes to the exact timing ACC seem to think is easy to achieve. There are anomalies, however ACC don't seem to want to support this?

They are clearly cash-strapped due to mass inefficiencies but why target those obeying the rules?

All of this was explained, along with my inability whilst in my appointment to get to my phone to circumnavigate their rules, yet has fallen on deaf ears. No empathy. No understanding.

Instead quite a condescending response, not even acknowledging me by name despite it being clear elsewhere – "appellant" and Sir/Madam! Sadly, I am not surprised.

There is a severe lack of wardens in the city. They are in pairs for some reason, further reducing their coverage and impact.

They must be on commission or targeting "easy" wins ie standing whilst a paying car user's time expires, to pounce and slap a £100 penalty notice.

I find it galling to have to pay this fine, despite appealing, when all round the city – every day, all day – drivers are parking without penalty or any form of reprimand, on double yellow lines. Drivers are ignoring and abusing areas where only specific parking is legal – disabled, child or loading bays for example.

My friend and I witnessed an ACC van parked with two wheels on the pavement, facing the wrong way, on double yellow lines in Viewfield Road. Not only were they breaking every rule, but they had done so in an already over-congested area, where others were also ignoring the rules, where young children and elderly people frequently visit.

Time and again I have brought to the wardens' attention instances where clear breaches are in place.

To date, nothing has been done.

If, as I was advised, the wardens are self-funded, why are they not aggressively focusing on the hundreds of culprits parking illegally or abusing the rules each day?

Surely this would bring in significant revenue and, not only be better use of the wardens' time as opposed to hovering until paid parking expires but it would send a clear message to the rule breakers.

It would perhaps help change the selfish behaviours that are endemic in our city. It would also present and demonstrate support for the residents, like me, who pay for parking, obey the rules and want to prevent injury or harm to others.

Someone died in my local area. The culprit who ignored the rule to remain behind the bus at the traffic island is now in jail. Sadly and frustratingly this seems not to have made one iota of difference and unless the city's management in charge of traffic management, wardens etc act positively, it will not be an isolated incident.

Julie Grant, Aberdeen.

The P&J
The Voice of the North

Our mission is to enrich the lives of the people who live in our communities as truthseekers, witnesses, voice givers and advocates.

We achieve it through journalism that is trustworthy, accountable, courageous, fair and entertaining.

500 spaces are required for cars

Sir, – Events at the beach amphitheatre could be successful, in spite of the strong wind off the sea, as long as there is parking nearby for 500 cars.

Anne Whalley, Ellon.

Heaters clearly gave cold comfort

Sir, – With great interest I read the story (August 8) on the heating issues at the Cloverhill estate, as I have followed this story since it was first raised by residents some time ago.

It was obvious to me when I viewed some pictures that the radiators fitted were far too small to give any real heating benefit for the occupants.

The flow temperatures from a heat pump are far lower than a conventional gas/oil-fired central heating boiler, therefore you require larger radiators to compensate for this.

I have an air to air inverter heat pump which is used to heat and cool my log cabin, which I have found to be a great success as the coil temperatures, even in winter, reach approx 35-40C, which is adequate to heat my cabin.

It amazes me that "competent" heating engineers fitted not one but 536 useless systems without raising the issues with their supervisors or the building company at the time of commissioning the heating systems.

To fix this problem will not be a quick fix and a big inconvenience for residents.

Hamish Leckie, Aberdeen.

Councillors shrug and pocket taxes

Sir, – I find it interesting to read co-leader Ian Yuill remark that M&S aren't interested in their former building.

Meanwhile, the council under his co-leadership has turned the city centre into an eyesore.

Not my words, a visiting wealthy couple from New York that had M&S on their bucket list. They won't be back to Aberdeen.

I have huge admiration for every retail and hospitality business that tolerates ACC's wanton destruction.

Most owners of small businesses in the council area would be happy to take home half of the salaries and pension Councillor Yuill enjoys at their expense.

M&S, Raac, etc, aren't the problem.

It's councillors that shrug their shoulders, divert blame and pocket our hard-earned taxed earnings for delivering: what?

Name and address supplied.

Build desalination plants near the sea

Sir, – There appear to be plans afoot for the building of large data centres.

If these are necessary then there must be a requirement for such centres to be based near the sea and have their own desalination plant large enough to provide all the cooling water required, for the present plan and for any future expansion.

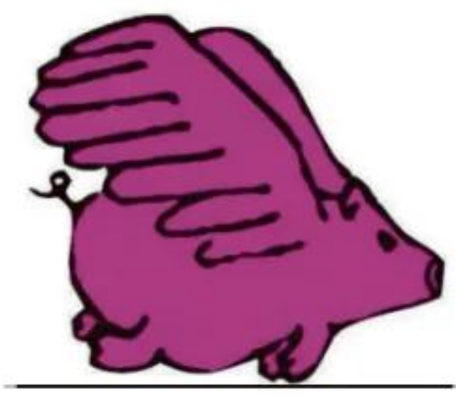
Data centres must be refused planning consent where the centre proposes to take cooling water from rivers, lochs, lakes or from boreholes.

With the present fresh water levels being at an all time low in parts of the country, and the distinct possibility that this will become a norm, we cannot afford for data centres to exacerbate the situation further.

WHC Richmond, Banchory.

Homes at the Cloverhill estate at Bridge of Don are experiencing heating problems.

Opinion



Crash reminds us of amount of rubbish out there in space

The Flying Pigs

Since 1959, 3,000 man-made objects (190 tonnes) have crashed into the moon

BY ANDREW BREBNER AND SIMON FOGIEL

PROFESSOR HECTOR SCHLENK, SENIOR RESEARCHER AT THE BOGTON INSTITUTE FOR PUBLIC ENGAGEMENT WITH SCIENCE

COLLISION: The SpaceX Falcon 9 rocket blasts off from the Kennedy Space Center in Cape Canaveral, Florida.

As a scientist, I often have to consider existentially terrifying concepts involving unimaginable timescales, like the Big Bang, the Heat Death of the Universe, or the completion of the renovations of Union Street.

But this week a more immediate event has been my principal concern, that of the stray Space X rocket which crashed into the moon. There is much to regret about this, not least the fact that, while Elon Musk was responsible for a rocket crashing into the moon, he was not aboard.

However, at least it was not a deliberate crash. Space X's Falcon 9 rocket is a reusable model, with part of it returning to earth, while other sections are shed in space. And it is one of these that crashed, weighing roughly as much as a five-storey building. Think of Marischal Square ending up on the moon (it's not a particularly close analogy, but it may give some of you some pleasure).

Before crashing, this rocket found itself stranded and drifting in a large loop, where it was subject to competing gravitational pulls.

Imagine these as being like the powerful forces that beset you when on a night out. After several pints, when you can either return to the comfort of home (the earth), go for a kebab with extra chilli sauce from an establishment with questionable food safety standards (the sun – hot stuff but highly dangerous), or you may feel a very strong pull towards another pub (the moon – bleak and barren with no atmosphere, The Archibald Simpson).

On this occasion, it was the pull of the moon which won, and the rocket found itself locked into an inevitable high-speed collision course which some scientists have been particularly annoyed about as they couldn't observe it with telescopes, even though it was exactly the sort of thing they got into astrophysics in order to see.

NASA has confirmed that the collision poses "no danger to earth". They have yet to issue similar reassurance about the rocket's owner. However this does mean that we cannot blame the lunar crash for anything tidal or flood related happening this week in Portlethen.

It also acts as a reminder of the amount of junk there is out there in space. Since 1959, 3,000 man-made objects with a combined weight of 190 tonnes have crashed into the moon. And currently orbiting Earth are between 35,000 and 46,000 bits of space craft and dead satellites, 1 million screws, pins and fragments and 100 million tiny particles, even the smallest of which are travelling at over 17,000 miles an hour, which is enough to make anyone wince, whether they've seen the film 'Gravity' or not.

However, as scientists we can always look for the positive, As we know the latest crashed rocket's exact size, speed and point of impact, we can turn this unplanned collision into a rare controlled experiment, allowing us to observe in real time the formation of a crater and effects on the moon and its surface. Understanding how much rock and dust an impact such as this throws up will help engineers design safer craft in the future and help speed the creation of actual moon bases. The hope is that these will be manned, by the trillionaire right-wing agitators and their acolytes, leaving the rest of us in peace.

JONATHAN M LEWIS, LOCAL HEADTEACHER

I can't believe it's that time of year again! Those of us who are embroiled in the heady world of education know that, although our responsibility and commitment last year round, it all comes down to one day – results day. And, as your tireless and unswerving headteacher, I am once again delighted with how the Garioch Academy pupils have performed.

While the local press and the national league tables will focus on the bigger picture, this humble headteacher will always look beneath the dehumanised data to find the individual stories that bring nuance to the cold, hard statistics.

Take young Sandy Maitland, for instance. Back in January, Sandy set a Garioch Academy record for the worst S4 prelim results since records began, finishing rock bottom of his year group. But now that the final results are in? He has dragged himself up to third bottom! The only way is up, Sandy! Thankfully, Sandy was not overly concerned with his results. Turns out the academic prerequisites for driving the tattie-howker around his Dad's farm are not especially stringent. Happy howking Sandy!

At the other end of the spectrum from Sandy, even the brightest and best at Garioch Academy find themselves stressing ahead of receiving their results. Take S5's brightest spark Isla Cameron – she has spent the entire summer beating herself up after describing something incorrectly in her Geography Higher. She knew full well the body of water separating Asia from the USA was not known as the "Specific Ocean", but exam stress told her otherwise.

Thankfully, Isla's hydrological blunder did not hold her back and she comfortably earned seven As. Just as well, she would never have got the seven Cs!

> "Individual stories that bring nuance to the cold, hard statistics

ON YOUR BIKE: Two youngsters cycling past the 16th century Pans Port Gate at Elgin Cathedral on a summer's day in 1979.

Past times

Do you have a nostalgic picture you would like to share with P&J readers? Please send copies, not originals, to: Past Times, The Press and Journal, 1 Marischal Square, Broad Street, Aberdeen, AB10 1BL. Remember to include your name and address if you want us to return your picture, email pictures@pressandjournal.co.uk

Sermon

"Clothe yourselves with humility towards one another, because God opposes the proud but gives grace to the humble." (1 Peter 5.5)

Now there's a thought! If everyone around us was more humble it would make life easier! To be clear: humility isn't being self-dismissive, or having no confidence in our worth.

Humility is a way of relating to other people, to put on attitudes of respect, willingness to serve, and the habit of valuing others.

Humility is an essential of community-building, because its opposite is socially damaging. Pride is an overvaluing of ourselves. Being inconsiderate of others' feelings, over-confident in our own importance, assuming our ideas are best and our viewpoint is valid while others should really just listen – the word for such attitudes is arrogance.

No wonder God gives grace to those who are clothed with humility, whose public demeanour and behaviour is not self-promoting, but other-affirming. The humble person listens, encourages, and gladly makes space for others to grow and flourish.

The Bible says "With humility comes wisdom". Wisdom is always practical in the Bible and starts with humility before God. It is seen in care for others, especially the poor, thoughtfulness about human affairs and how to live well, always aiming at the wellbeing of others. Humility enables the capacity to be a positive presence and an influence for good wherever we are – because we are not looking to get the better of others, but to making life for others better.

■ **Rev Dr Jim Gordon**

Who said it?

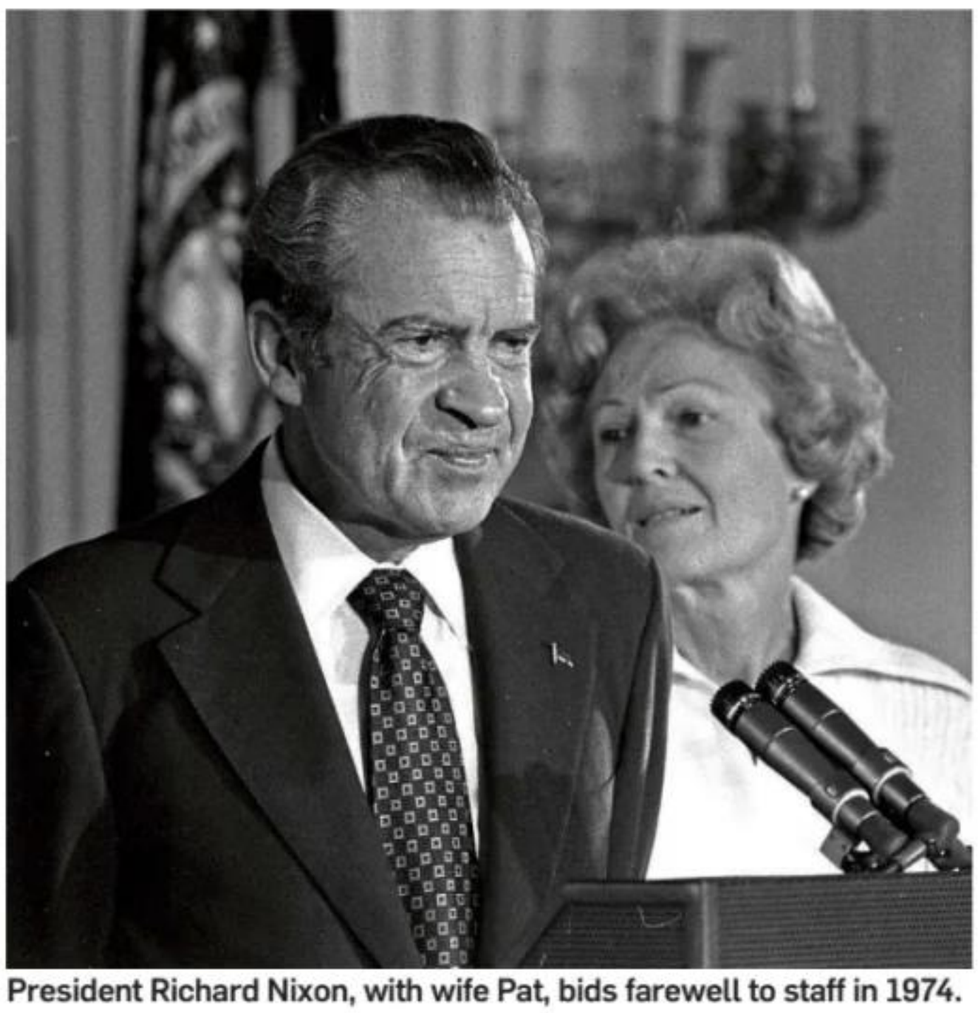
"Those who resort to violence will be held to account in accordance with the law, and I wish the officers who were seriously harmed whilst on duty a very speedy recovery" - **Reform UK police and crime commissioner for Norfolk Colin Sutton condemns violence during anti-immigration protests in Thetford.**

"If all else fails, you can project the image of the eclipse using a household item like a colander which has lots of holes in – point the colander towards the Sun with your back facing it, and in the shadow of the colander you'll be able to see the eclipse in the holes, which is really cool" - **Imo Bell, a planetarium astronomer at the Royal Greenwich Observatory, on how to view the UK's fullest solar eclipse for the next 54 years on Wednesday.**

"I hope the government takes account of the strength of public feeling on this issue, which has been both clear and widespread" - **Detective Superintendent Stuart Blaik, who led the investigation into the death of PC Andrew Harper, is "appalled" two men convicted of his manslaughter could be eligible for early release.**

"I'm a really messy painter, so it was quite scary doing it in a basket with lots of other people with very expensive equipment as I didn't want to spill any paint" - **Artist Emily Powell who painted live from a hot air balloon basket.**

"Am I grounded? I don't know. I think it's because I made it when I was 40. If you make it when you're 18, it changes you. I was already fat and I hated the world" - **Comedian Ricky Gervais, 65, who became famous when sitcom The Office started in 2001.**



President Richard Nixon, with wife Pat, bids farewell to staff in 1974.

On this day

117: Hadrian became emperor of Rome.
1834: The Poor Law Amendment Act was passed, abandoning the system of outdoor relief by which parishes looked after their poor and replacing it with the workhouse.
1900: The Davis Cup for tennis was contested for the first time at Brookline, Massachusetts, and won by the US.
1940: The Battle of Britain began.
1963: The Great Train Robbery took place at Sears Crossing, Buckinghamshire, when a gang of 15 men, including Ronnie Biggs and Buster Edwards, stole more than £2.6 million.
1974: Richard Nixon announced his resignation as US president, the first to do so, because of his implication in the Watergate scandal.
1991: Hostage John McCarthy came home, five years and three months after being kidnapped and held hostage in Beirut.
ON THIS DAY LAST YEAR: Israel is "wrong" to approve plans to occupy Gaza City, prime minister Sir Keir Starmer said, and urged it to reconsider the new offensive or it will "bring more bloodshed".

Efficiency lifts oilfields' yield

BY RYAN DUFF

North Sea oil and gas operators delivered an additional 7.5 million barrels last year, thanks to fewer unplanned shutdowns and increased operational efficiency.

According to a report by the UK regulator, the North Sea Transition Authority (NSTA), the efficiency drive in the North Sea resulted in an additional 21,000 barrels of oil equivalent (boe) per day being produced.

NSTA operations director Tom Wheeler said: "The rise in production efficiency in 2025 shows that even mature basins such as the North Sea can reward those with high operating standards with additional barrels."

This came from just a 1% increase in production efficiency across the basin throughout the year.

This meant that production efficiency stood at 76% for UK operators. This metric covers how well operators are performing by comparing actual production with maximum potential output.

Average daily production was approximately 1.1 million boe (mmboe) per day in 2025, while full-year output totalled 401 mmboe.

Despite the efficiency increase, production losses for the year stood at 114 mmboe for 2025.

Plant issues covered the majority of losses, accounting for 83 mmboe, or 73% of the overall production drop-off reported last year.

Also, the figures covering overall change in production from UK waters year-on-year showed a 10 mmboe decrease in 2025.

The only region of the North Sea to see an increase in production was the Northern North Sea and West of Shetland, which reported a one mmboe uptick.

However, the Central North Sea reported a three mmboe drop and the Southern North Sea and East Irish Sea reported a massive eight mmboe decline.

This comes as the way in which licences to operate fields in the North Sea are set to change as the government looks to ban production from new fields and incentivise tiebacks to existing assets.

"The NSTA will continue to help operators make the most of their fields by sharing best practice and learning lessons through its stewardship reviews, data tools, and the work of industry taskforces," Wheeler added.

The boost in 2025 activity improved on a trend of deterioration from the previous two years, which saw a 2% decrease in production efficiency.

Harbour Energy operated one of the highest-producing assets in the basin for the year, with its J-Block managing to climb the production rankings.

The production hub achieved a 10-year high in production figures in 2025.

However, overall production hubs like J-Block were reported to be operating less efficiently than they had in 2024.

Production efficiency from hubs stood at 73% in 2025, a 1% decline from the previous year.

For the first time since 2021, North Sea firms reduced production losses caused by issues with facilities, wells and systems used to transport oil and gas to onshore terminals.

SECTOR: Tom Wheeler said mature basins can improve.

The Scottish Parliament
Pàrlamaid na h-Alba

MAX BANNERMAN MSP

Member of the Scottish Parliament for the Highlands and Islands Region

I will be holding **40** Summer surgeries across **Moray**. Come along to speak with me about any issues that matter to you and your community.

17th August 2026
10.30am Houldsworth Institute, Dallas
11.30am Margach Hall, Knockando
4.45pm James Milne Institute, Findhorn

18th August 2026
10.00am Fleming Hall, Aberlour
11.00am Edinvillie Hall, Aberlour
12.15pm Glenlivet Hall, Ballindalloch
2.00pm Mortlach Memorial Hall, Dufftown
3.15pm Glenrinnes Community Centre, Glenrinnes
4.30pm Richmond Memorial Hall, Tomintoul

19th August 2026
11.00am Forres Community Centre, Forres
12.50pm Kinloss Church Hall, Kinloss
1.45pm Alves Village Hall, Alves
2.45pm Dyke Church Hall, Dyke
4.00pm Edinkillie Hall, Dunphail

20th August 2026
11.00am Newmill Village Hall, Newmill
11.50am Longmore Community Hall, Keith
12.45pm Drummuir Community Hall, Keith
1.45pm Boharm Public Hall, Mulben

21st August 2026
10.00am Rafford Village Hall, Rafford

24th August 2026
10.00am Urquhart Village Hall, Urquhart
10.50am Lhanbryde Community Centre, Lhanbryde
11.40am Speymouth Hall, Mosstodloch
12.30pm Inchberry Hall, Fochabers
1.30pm Fochabers Public Institute, Fochabers
2.30pm Clochan Community Centre, Clochan
3.30pm Garmouth & Kingston Hall, Garmouth

25th August 2026
10.00am Roseisle Village Hall, Roseisle
11.00am Burghead Community Hall, Burghead
12.00pm Hopeman Memorial Hall, Hopeman
12.50pm Duffus Community Hall, Duffus
3.00pm Lossiemouth Community Hall

26th August 2026
9.30am Spynie Hall, Elgin
10.30am New Elgin Hall, Elgin
11.45am Pluscarden Hall, Pluscarden
1.00pm Birnie Village Hall, Thomshill
1.45pm Fogwatt Hall, Fogwatt

27th August 2026
10.00am Grant Hall, Rothes
11.00am Highlanders Park Pavilion, Craigellachie
12.00pm Archiestown Village Hall, Archiestown
12.50pm Carron Village Hall, Carron

max.bannerman.msp@parliament.scot | Max4Moray
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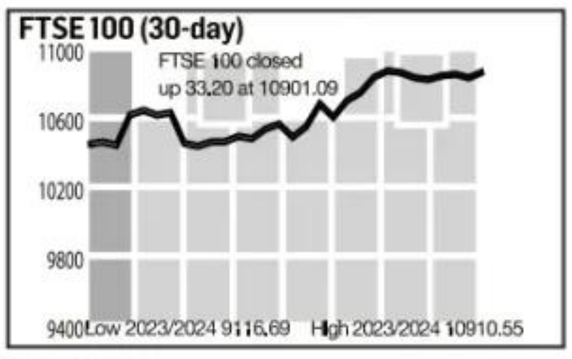
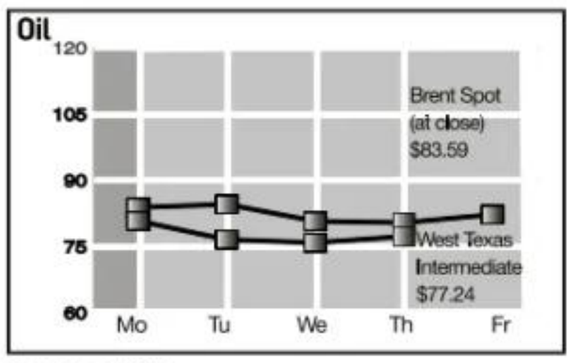




Regional interest performance

SECURITY	PRICE		DAY	HIGH	LOW	YLD
Aberdeen Group	252½	+1	+0.40	261	182	5.80
ABF	2130	+13	+0.61	2337	18	3.00
Alliance Witan	1384	+1	+0.07	1386	1188	2.10
Balfour Beatty	881	+2½	+0.28	899	553	1.60
Barr (AG)	607	-3	-0.49	710	598	3.10
Braemar	225 xd	-3	-1.32	260	207	3.10
Diageo	1790	+57½	+3.32	2121	1362½	3.60
Fevara	139½	+2	+1.45	151	119½	1.70
FirstGroup	183¼ xd	+¼	+0.44	231¼	158	3.90
GSK	1960½	+24	+1.24	2268	1404	3.60
Hays	66	+3⅛	+5.77	66½	29⅛	0.70
Iomart	12½	+⅛	+0.60	27¼	11⅛	-
Land Securities	714½	+1½	+0.21	722	529	5.80
NatWest Group	712⅛	+⅛	+0.08	722¼	505¼	4.90
Scot Am	570	+5	+0.88	570	487	2.90
SSE	2390 xd	+14	+0.59	2757½	1612	2.90
STV Group	106¼	+¼	+0.23	129	95⅛	-
Truetide	3⅛	+¼	+6.35	3¼	1⅛	-
Weir Gp	2722	+26	+0.96	3546	2274	1.60

UK Companies earnings data supplied by Hemscott tel: 020 7847 0017 Prices in pence unless otherwise stated.

Currencies

Euro/Pound	**0.8564**
Pound/Hong Kong Dollar	10.5890
Pound/Euro	1.1676
Pound/Dollar	1.3497
Pound/Danish Kroner	8.7290
Pound/Norwegian Kroner	12.8107
Pound/Yen	212.6270
Pound/Canadian Dollar	1.8806
Pound/Swedish Kroner	12.7886
Pound/Australian Dollars	1.9109
Pound/Chinese Remnimbi	9.1080
Pound/New Zealand Dollar	2.2913
Pound/New Taiwan Dollar	43.5842
Pound/New Turkish Lira	64.3733

Commodities

		(troy oz)
Gold	$4345.91	up $76.73
Krands	$4346.77	up $47.39
Silver	4799.00p	up 209.00p
		(per tonne)
Nickel	$16595.00	dn $320.00
Zinc	$3857.00	up $120.00
Copper	$14455.00	up $287.50
Lead	$1851.00	up $6.00
Aluminium	$3200.00	unchanged
Sugar (Tate & Lyle)		
Export Trade	$490.60	up $12.90
Natural Gas		
Bacton	137.76p	up 3.92p

Summary

FTSE-100	10901.09	up 33.20	(+ 0.31%)
FTSE-250 Index	24854.86	up 159.44	(+ 0.65%)
FTSE Allshare	5876.54	up 20.40	(+ 0.35%)
Nikkei	65606.71	dn 76.55	(- 0.12%)

STOCK	PRICE	VAR	VAR(%)	HIGH	LOW	YLD
AEROSPACE & DEFENCE			**3670.52**			
Avon	1896 xd	-20	-1.04	2145	1520	1.00
BAE Systems	2220	+20	+0.91	2331	1609½	1.70
Rolls-Royce	1530 xd	-3⅛	-0.22	1570⅛	1026	0.70
BANKS			**2874.13**			
Banco Santander	1096	-4	-0.36	1102	690	1.50
Barclays	516 xd	-4	-0.77	530⅛	357¼	2.20
HSBC Hldgs	1529¼	+8	+0.53	1597⅛	938⅛	3.70
Lloyds Banking Gp	115⅛ xd	+½	+0.39	117⅛	78½	3.50
NatWest Group	712⅛	+⅛	+0.08	722¼	505¼	4.90
Standard Chartered	2219 xd	+24	+1.09	2248	1305½	2.30
BEVERAGES			**23529.40**			
Diageo	1790	+57½	+3.32	2121	1362½	3.60
CHEMICALS			**13935.45**			
Croda International	3265	-16	-0.49	3322	2439	3.40
Elementis	187¼	+⅛	+0.32	188¼	142⅛	1.80
Johnson Matthey	2168	+16	+0.74	2388	1765	3.60
CONSTRUCTION & MATS			**7243.09**			
Barratt Redrow	323⅛	+3¼	+1.19	409⅛	241¼	5.30
Costain Gp	215½			218	125⅛	1.90
Persimmon	1166½	+11	+0.95	1543½	998⅛	5.20
Taylor Wimpey	84½	+½	+0.64	116½	74⅛	4.90
ELECTRONIC & ELECTRICAL			**9779.71**			
Morgan Advanced	254	+9	+3.67	254¼	187⅛	5.00
EQUITY INVESTMENT			**12653.67**			
Abdn Div Inc & Gr Tst	12¼			48⅛	12¼	-
Alliance Witan	1384	+1	+0.07	1386	1188	2.10
Caledonia Invest	386 xd	-2	-0.52	391½	312	2.00
Dunedin I&G	320 xd	+6	+1.91	320	280	6.40
Edin Invst	861	+5	+0.58	861	760	3.70
F&C Investment Trust	343⅛			351¼	82¼	1.20
Hend Sm Cos	991	+3	+0.30	992	774	2.90
JP Morgan China	277 xd			312	252½	4.90
Merchants	685 xd	+5	+0.74	685	537	4.40
Murray Intl Trust	370 xd	+½	+0.14	370	289½	3.40
Scot American Inv	570	+5	+0.88	570	487	2.90
Scottish Mortgage	1396½	+32	+2.35	1545	1028½	0.30
FIXED LINE TELECOMS			**1732.58**			
BT	199¼ xd	-¼	-0.35	239½	2	4.20
FOOD & DRUG RETAILERS			**4209.17**			
Greggs	1918	-7	-0.36	2032	1418	3.60
Sainsbury (J)	353⅛	-1¼	-0.34	359⅛	199⅛	3.90
Tesco	475⅛	-⅛	-0.13	501¼	411½	3.00
FOOD PRODUCERS			**7496.82**			
Tate & Lyle	553	-1	-0.18	569	329⅛	3.60
Unilever	4670 xd	-39	-0.83	5472	4078	3.40
GENERAL FINANCIAL			**11651.32**			
3i Gp	2867	-4	-0.14	4459	2082	2.90

STOCK	PRICE	VAR	VAR(%)	HIGH	LOW	YLD
Close Bros	433¼	+⅛	+0.14	546	345	-
London Stk Exch	8920	+170	+1.94	9992	7170	1.80
Man Group	311¼ xd	-¼	-0.06	316	154¼	4.10
Schroders	584 xd	-½	-0.09	589½	361¼	3.80
Vanquis	81½	+½	+0.62	130¼	77⅛	-
GENERAL INDUSTRIALS			**6598.70**			
Smiths Gp	2698	+21	+0.78	2746	2118	1.70
GENERAL RETAILERS			**2658.32**			
Inchcape	837½ xd	+11	+1.33	890	640½	4.10
Kingfisher	327⅛	+2½	+0.77	370½	243¼	3.80
Marks & Spenc	408¼	+2¼	+0.57	410⅛	308⅛	1.00
Next	15685	-30	-0.19	15715	11575	1.70
Topps Tiles	36⅛	+⅛	+1.69	50	31½	8.70
WH Smith	452⅛	+9⅛	+2.17	1355½	383¼	-
HEALTH CARE SERVICES			**6068.40**			
Smith & Neph	1113	+15	+1.37	1435	1073½	2.70
HOUSEHOLD GOODS			**17956.56**			
Reckitt Benck	5306 xd	+58	+1.11	6681¼	4443	4.10
INDUSTRIAL ENGINEERING			**14905.57**			
Bodycote	914½	+½	+0.05	923	601	2.50
IMI	3136	+6	+0.19	3136	2226	1.10
Spirax Group	7500	+125	+1.69	7960	6060	2.30
Weir Gp	2722	+26	+0.96	3546	2274	1.60
INDUSTRIAL TRANSPORTATION			**3592.80**			
Fisher (James)	481	+1	+0.21	550	326	-
LIFE INSURANCE			**8091.30**			
Aberdeen Group	252⅛	+1	+0.40	261	182	5.80
Aviva	712⅛	+2⅛	+0.34	723⅛	591⅛	5.50
Legal & General	316⅛	+4⅛	+1.41	317	233⅛	7.00
Prudential	1044½	+17½	+1.70	1220	916	1.90
St James Place	1147 xd	+29½	+2.64	1553	1053½	1.60
MEDIA			**8348.12**			
Future	329⅛	+12	+3.78	781½	274¼	5.40
Informa	904⅛ xd	-¼	-0.09	993⅛	739¼	2.50
ITV	73	-¼	-0.34	85¼	67⅛	6.80
Pearson	1224	-5	-0.41	1326	891⅛	2.10
Reach	42¼ xd	+⅛	+1.42	73⅛	41⅛	14.00
RELX	2627 xd	+24	+0.92	3625	2013	2.60
WPP	411⅛	+16⅛	+4.15	413⅛	224⅛	3.80
MINING			**23368.34**			
Anglo American	4022	+46	+1.16	4225	2123	0.70
BHP Group	3346	+43	+1.30	3480	1926	3.10
Ecora Royalties	157¼	+8	+5.34	158⅛	70½	1.00
Glencore	557	-9	-1.59	615	284¼	2.20
Rio Tinto	7528	+71	+0.95	8308	4448½	4.60

STOCK	PRICE	VAR	VAR(%)	HIGH	LOW	YLD
MOBILE TELECOMS			**3057.94**			
Vodafone Gp	120½	+1¼	+1.01	123¼	84⅛	3.30
NONLIFE INSURANCE			**3164.23**			
Hiscox	1829	+18	+0.99	1899	1273	2.20
PHARMA & BIOTECHNOLOGY			**15316.34**			
AstraZeneca	11896 xd	+46	+0.39	15542	10956	2.00
Genus	2304	+2	+0.09	3170	1966	1.40
GSK	1960½	+24	+1.24	2268	1404	3.60
REAL ESTATE			**2782.82**			
British Land	443¼	+1⅛	+0.32	449¼	321¼	5.20
Hammerson	374⅛	-1⅛	-0.37	385⅛	267¼	4.90
Land Securities	714½	+1½	+0.21	722	529	5.80
SEGRO	959⅛ xd	-2⅛	-0.25	997⅛	604⅛	3.30
Town Centre	128½	-1½	-1.15	140	107½	3.80
SOFTWARE & COMP SERVS			**1949.21**			
Computacenter	4828	-56	-1.15	4884	2242	1.50
The Sage Group	1048½	+21	+2.04	1175	783⅛	2.20
SUPPORT SERVICES			**10189.94**			
Babcock Intl Grp	1186½	-3½	-0.29	1502	921	0.60
Bunzl	2870	+38	+1.34	2870	1989	2.60
Experian	2897	+67	+2.37	3982	2375	1.80
Hays	66	+3⅛	+5.77	66½	29⅛	0.70
Johnson Sv Gp	148⅛	-1⅛	-0.93	170⅛	125⅛	3.20
Macfarlane Gp	73	-2⅛	-3.18	99	60	4.90
Rentokil	360⅛	-3⅛	-0.94	506¼	344¼	2.60
RS Group	743½	-3	-0.40	746½	541½	3.10
Serco	265¼	+5¼	+2.23	324¼	216⅛	1.80
SIG	8¼	+¼	+3.08	12	7½	-
Smiths News	71⅛	-1⅛	-2.19	77⅛	54	7.60
Travis Perkins	675	+12	+1.81	714	507½	1.70
TECHNOLOGY HARDWARE			**1920.18**			
Pebble Beach Sys	22½			28	14	-
TOBACCO			**29233.92**			
Br Am Tob	4421 xd	+45	+1.03	4962	3733	5.60
Imperial Brands	2791	+32	+1.16	3341	2668	6.00
TRAVEL & LEISURE			**9296.23**			
Compass Gp	32¼	-¼	-0.65	2637	27⅛	2.10
easyJet	671	+1	+0.15	680	339¼	2.00
Intercontl Htls	158	-¼	-0.47	10585	128⅛	1.20
Intl Cons Airl	442⅛	-3⅛	-0.81	488	342¼	1.50
Marston's	52¼	+¼	+0.38	68⅛	36⅛	-
Mitch & Butlers	282½	-½	-0.18	301	228	-
Rank	102¼	+2⅛	+2.39	149⅛	88⅛	2.90
Wetherspoon (JD)	814	+4	+0.49	817	555½	1.50
Whitbread	2517	-11	-0.44	3274	2234	3.80

STOCK	PRICE	VAR	VAR(%)	HIGH	LOW	YLD
UTILITIES			**4714.11**			
Centrica	154¼	+½	+0.33	218¼	151½	3.70
National Grid	1200	+4	+0.33	1400	1010½	4.10
Pennon Gp	469¼ xd	+5⅛	+1.16	600	446	6.30
Severn Trent	3142	+26	+0.83	3280	327	4.00
Utd Utils	1436	+8	+0.56	1457	914¼	3.80
AIM			**795.89**			**▲ 8.76**
Avingtrans	720	-2	-0.28	722	440	0.70
Borders&SthPetr	10⅛	-¼	-1.81	14	8½	-
Celtic	205	-8	-3.76	256	167½	-
Mothercare	1	+¼	+39.01	3⅛	⅛	-
MS International	1600	+115	+7.74	1780	1125	1.80
Nichols	1040 xd			1255	892	3.70
Rua Life Sciences	24			25½	10½	-
Young & Co	914	-1	-0.11	940	714	2.70
OIL/ENERGY SERVICES						
Afentra	60⅛	-1⅛	-2.26	86⅛	37¼	-
Borders&Sthrn Petr	10⅛	-¼	-1.81	14	8½	-
BP	517¼	-2½	-0.48	606¼	410½	4.80
BP 8% Pf	141½			154	138	5.70
Centrica	154¼	+½	+0.33	218¼	151½	3.70
Energean	732	+7	+0.97	1026	683½	10.20
EnQuest	22⅛	+¼	+0.88	27¼	9¼	3.50
Harbour Energy	245⅛	+1¼	+0.74	318¼	185⅛	4.90
Hunting	443	-4	-0.89	531	297	2.20
National Grid	1200	+4	+0.33	1400	1010½	4.10
Parkmead Group	21½			26¼	12¼	-
Plexus	3⅛			8⅛	2¼	-
Premier Oil	245⅛	+1¼	+0.74	318¼	185⅛	4.90
Rockhopper Explrn	74¼	-⅛	-0.80	89⅛	66⅛	-
Serica Energy	229⅛	-2⅛	-1.03	294	151¼	6.90
Shell	3277½	-37½	-1.13	3583	2562	4.60
Soco Intl	33½	+2	+6.35	33⅛	19	4.20
TotalEngergies	74	-3½	-4.53	84⅛	48⅛	4.70
Tullow Oil	14	-	-0.29	18	3⅛	-
VP	470	-5½	-1.16	620	424	8.30

Farm shop's focus more on loyal customers than luring the NC500 trade

BY SARAH BRUCE

The Wilson family and Dalmore Farm have been well-known in Ross-shire for years.

Carolyn was a councillor for over two decades, and her grandparents were farming at Dalmore in the 1940s.

So the family's "new" post-Covid venture, just off the A9 near Alness, has a lot of years and pedigree behind it.

Dalmore Farm Shop and Restaurant brings all the family businesses under one roof — and so far, it has been a roaring success.

Carolyn believes the secrets of their success have been meticulous planning, an eye for a budget and, most importantly, valuing local all-year-round customers.

She said: "We had a gut feeling that with the model that we had, and with the knowledge that we had, we could make it work.

"We're very fortunate, but we have been busy since we opened. We work very hard as a family. And if you work hard, you get rewards for it.

"We're very proud that we employ so many people and give them good jobs."

Carolyn Wilson is now 69 and has more than 20 years as a councillor behind her.

Until Covid, she also had multiple shops on Alness's High Street, selling everything from flowers and gifts to deli items.

Over the years, Carolyn and husband Warwick's three children have had their own families, and the Wilsons now have seven grandchildren.

Warwick is retired now, but the family business has been kept that way. Katie, 43, and 41-year-old Jennie work with their mum in the restaurant and shop, and David, 38, runs the farm.

Carolyn said: "We opened five years ago. We'd reached the point that we had our four shops on the High Street, we were just starting

SUCCESS STORY: Dalmore Farm Shop owner Carolyn Wilson. Picture by Maria Strang.

lockdown for Covid, we didn't know what the future held."

The leases on the high street were up for renewal and, with the unknowns of Covid looming, they decided they couldn't commit to another 10 years.

"So we decided to look at the possibility of building something at the farm that would be purpose-built and that meant we could close our businesses on the High Street and move to the farm."

This big business decision made, it was time for the plans to become a reality — and there was a countdown.

With David as project manager, an ambitious plan and a "very good" architect, the race was on.

Carolyn said: "They worked very well together and with our different contractors to make sure we had the building open in time, because we had to be out of where we were."

The Wilsons got planning permission at the end of October and were open by the end of July.

With the build, everything was "micro-planned" and the eye for detail was impressive.

"We couldn't afford to buy new shop fittings for the whole place, so we had to think carefully about what we had. Every fitting was upcycled or taken from the previous businesses," said Carolyn. "We were very careful that we didn't go over budget."

Opening day was in the summer of 2021, still in the midst of Covid — but what could have been a problem became a touching bonus.

Carolyn said: "It was a relief to get the business open. But it was also lovely that a lot of customers we knew for many years chose to visit us at the farm as their first time of being out with their family.

"People were still socially distancing and wearing masks, and we had to be really careful. But we had a can-do attitude and we made it as comfortable for people as possible."

That business has grown into a six-day-a-week operation with 40 staff, restaurant and shop, kids' play area and petting farm.

Carolyn said: "It all works hand-in-hand. The food attracts a lot of people and we're very proud of the food that we offer."

As many suppliers as possible are local, from Bannerman's scampi in Tain to Achnagairn veg.

Carolyn added: "A lot of these people we've done business with for a very long time. We try to support as many local producers as possible."

Carolyn has brought elements of her former shops "under one roof", and added in a restaurant that has quite a name already, particularly for baking.

But is it different to being on the high street? Has coming home been a good thing?

Carolyn said: "If you've had a business on the High Street, you miss that.

"We don't do flowers any more and I do miss that connection with people on their special occasions. But we're offering something different now and we're very proud of the food that we put out every day."

Well-meaning folk have suggested Dalmore Farm has a more prominent sign on the main road and opens on Sundays. But Carolyn has firm ideas about both suggestions.

She said: "We've never opened on a Sunday and we don't intend to: it's our family day. It would be the busiest day of the week, but our staff would have to work on Sunday."

And the tourist pound isn't a top priority, either.

Carolyn said: "People say to us, why don't you have a sign on the road to bring people off the A9?

"Well, that's fine. But the people off the A9 would come in from the North Coast 500 once and take up a table when you would be coming out from Inverness with your family for lunch. You won't get a table because we're full.

"Our main focus is local people who come all the time. So they're our 12-months-of-the-year customer who we look like to look after.

"We're just as busy in the wintertime as we are in the summer."

Discount duo must face same land laws as rivals

Aldi and Lidl should be covered by the same land agreement rules as the UK's largest supermarket chains, the UK competition watchdog has said in provisional findings.

The Competition and Markets Authority (CMA) proposal would prevent the German discount brands from blocking rival supermarkets opening close to their stores.

Rules designed to stop large grocery retailers from using land agreements to make it harder for rival supermarkets to open nearby, particularly through restrictive covenants and exclusivity arrangements, were introduced in 2010.

The restrictions currently apply to Asda, Co-op, Marks and Spencer, Morrisons, Sainsbury's, Tesco and Waitrose. The CMA believes Aldi and Lidl should also be subject to the rules.

Gain for sterling on dollar

Stocks ended a winning week on the front foot yesterday, while the pound pushed higher against the dollar after weak US jobs figures.

The FTSE 100 Index closed up 33.20 points, 0.3%, at 10,901.09.

The FTSE 250 ended up 159.44 points, 0.7%, at 24,854.86, while the AIM All-Share closed up 8.76 points, 1.1%, at 795.89.

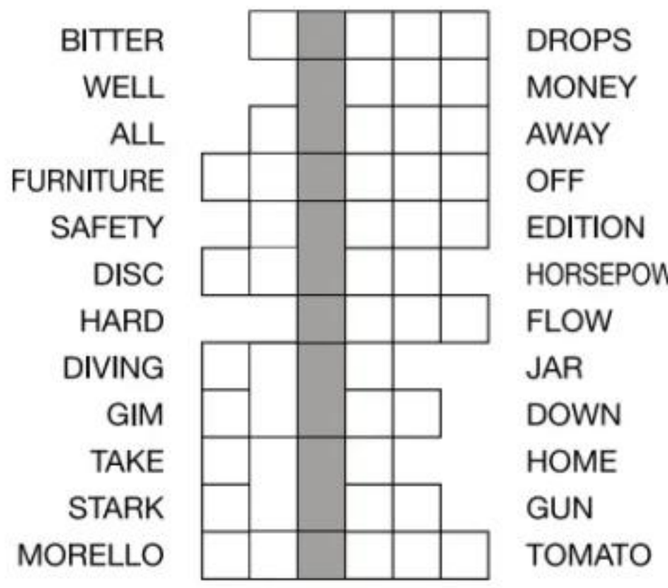
For the week, the FTSE 100 was up 0.3%, the FTSE 250 was up 3.7%, and the AIM All-Share was up 4.0%.

The pound traded at $1.3498 yesterday, up from $1.3454.

The advance in the pound came as the US labour market shed 23,000 jobs in July.

MISSING LINK

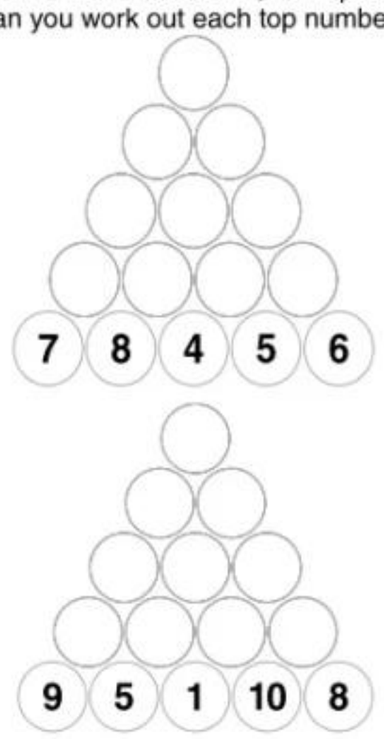
Fit a word in each row of the grid that connects with the words on either side eg - wishing - well - done. Read down the letters in the shaded squares to spell out a celebrity.



Yesterday's solution:
The words in order are: BODY, TIME, GRACE, BOWL, HORSE, PAST, STAR, BAIL, OVEN, FEVER spelling DECORATIVE

ADD UP

If the number in each circle is the sum of the two below it, how quickly can you work out each top number?



Yesterday's solution:
Left puzzle: 61 Right puzzle: 44

PATHFINDER

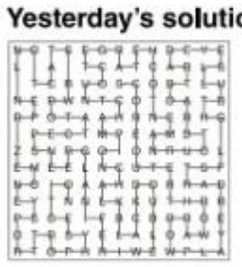
Starting from the highlighted letter, move up or down or sideways (but not diagonally), to find the path through the listed words.

O	N	T	R	A	T	S	R	O	C	W	R	E
V	R	E	E	S	H	E	E	M	N	E	N	N
I	C	E	R	F	B	R	N	E	R	V	O	R
Y	D	U	T	T	E	I	O	I	T	I	E	A
B	E	B	A	N	G	T	T	A	U	N	L	R
A	T	S	L	N	I	A	E	E	J	I	E	E
B	U	P	I	N	E	B	T	I	B	O	N	I
T	D	U	P	H	R	O	Y	R	W	R	O	N
N	E	O	U	T	T	R	T	O	E	P	I	G
L	I	Y	D	N	E	P	R	N	N	G	E	E
G	N	G	E	O	O	T	A	R	E	R	I	N
D	F	E	R	F	M	E	I	O	E	O	K	U
E	L	E	T	N	E	E	N	H	N	O	R	E

BABY
BEGINNER
DEBUTANT
FLEDGLING
FRESHER
GREENHORN
INGENUE
JUNIOR
LEARNER
MENTEE
NEWBIE
NEWCOMER
NOVICE
NOVITIATE
PIONEER
PROBATIONER
PUPIL
ROOKIE
STARTER
STUDENT
TENDERFOOT
TRAINEE
TYRO
YOUTH

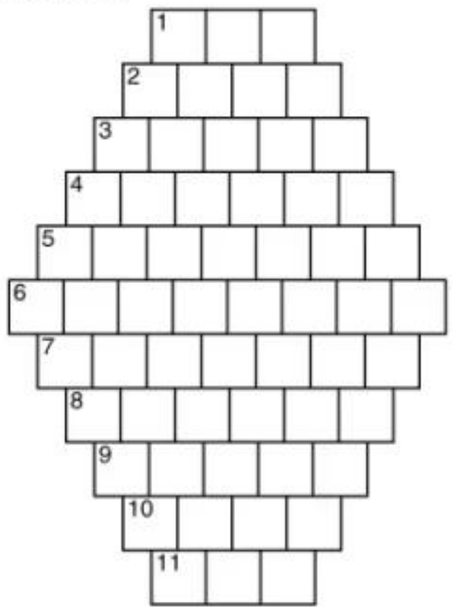
Yesterday's solution:
Easy: 38
Medium: 6
Hard: 3857

Yesterday's solution:



BRICKWORK

Enter the answers to the clues in the bricks in the wall. Every word contains the same letters as its neighbour, plus or minus one.



1 Raw mineral (3)
2 Common garden flower (4)
3 Music for a film (5)
4 Point of origin (6)
5 Final shut-down (7)
6 Baggage-reclaim conveyor (8)
7 Temporal (7)
8 Part of a tea service (6)
9 Units of land (5)
10 Sign of a former injury (4)
11 Curve section (3)

Yesterday's solution:
1 Practise **2** Triceps **3** Precis **4** Price **5** Pier **6** Ire **7** Rise **8** Spire **9** Pliers **10** Spoiler **11** Perilous

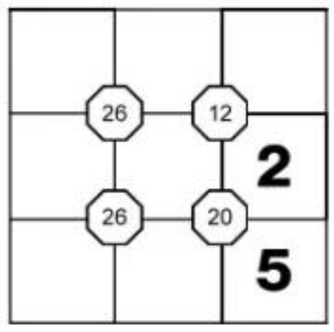
TOTALIZED

Just follow the instructions from left to right, starting with the number given to reach an answer at the end.

EASY	38	+ 85	÷ 3	+ 131	÷ 4	- 39	× 9	- 27	× 5	+ 145	ANSWER
MEDIUM	95	+ 75	÷ 5	+ 150	3/4 of it	+ 286	Quarter of it	+ 214	÷ 8	- 39	ANSWER
HARDER	327	+ 4417	7/8 of it	- 205	50% of it	- 1019	÷ 6	- 59	Square root of it	× 9	ANSWER

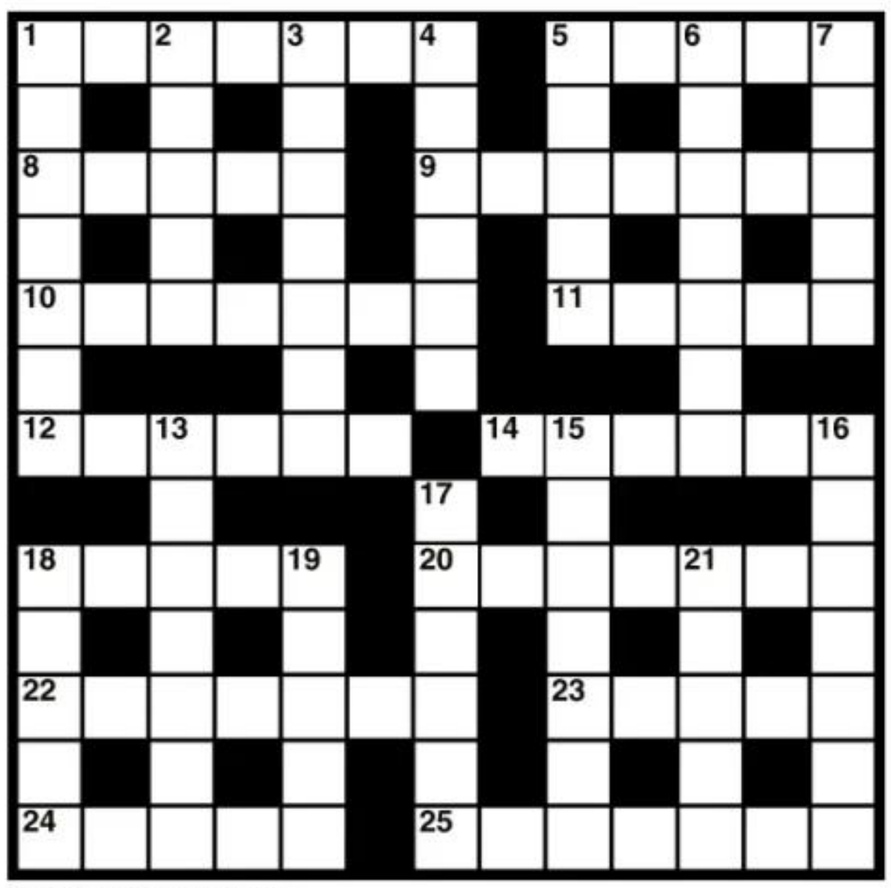
SEKUTA

Place the numbers 1 to 9 in the spaces so that the number in each octagon is equal to the sum of the four surrounding boxes.



Yesterday's solution:
236
485
971

DOUBLE CROSSWORD



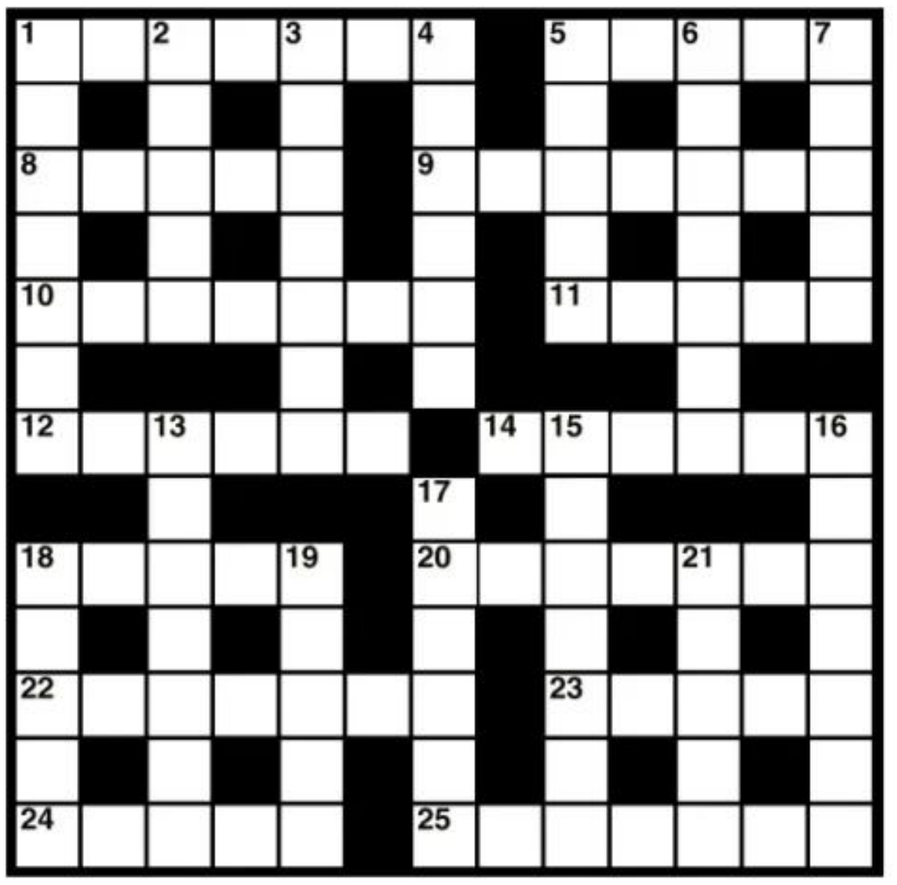
CRYPTIC CLUES

ACROSS

1 Wild rumba, eg, causes offence (7)
5 One getting up part of a stair (5)
8 Suit to prove in good shape (5)
9 Free note with the French puzzles (7)
10 Sorcerer fighting immobilising device (7)
11 Cathy wrecked sailing boat (5)
12 Last month Pam arranged to leave secretly (6)
14 Note way in for upper classes (6)
18 Dress for loud music (5)
20 An order to sort the list (7)
22 Burst of emotion having raised bottom of trousers? (5-2)
23 Part of town Edward possessed (5)
24 Accommodation for unfortunate helot? (5)
25 Care needed following rough sea in Docklands area (4,3)

DOWN

1 Be wound round but not subdued (7)
2 Boy of Cairo just odd, to a great extent (2,3)
3 Tram for travelling to view sculpture or theatre, perhaps (3,4)
4 Eastern university to rake over Achimedes' utterance (6)
5 Flipping florid! (5)
6 To petition is thus lawful (7)
7 Like trees that have been transplanted (5)
13 Not cola, perhaps vehicle fluid (7)
15 Steroid prepared for newsmen (7)
16 Eyelid makeover, daughter conceded (7)
17 Chief fastener (6)
18 Fraction of squalor learner replaced by female (5)
19 Get ready to pray when nitrogen enters part of ship (5)
21 Weight of cask, say (5)



QUICK CLUES

ACROSS

1 Dull, tasteless (7)
5 Destroy, ruin (5)
8 Lively Bohemian dance originating about 1830 (5)
9 At an angle (7)
10 Musical (7)
11 *The ___ Family Robinson*, children's book (5)
12 One at a time (6)
14 Get fond of (4,2)
18 Proportion (5)
20 Goods (7)
22 Copy, model (7)
23 Get away from (5)
24 Stay temporarily (5)
25 Tranquil, calming (7)

DOWN

1 Incentive (7)
2 Hairdressing establishment (5)
3 Lively, jokey (7)
4 Meaningless sketch (6)
5 Brick boundaries (5)
6 Courtesy form of written address (7)
7 ___ *Up Mother Brown*, song (5)
13 Memo book (7)
15 Never seeming to grow old (7)
16 Porridge ingredient (7)
17 Matter, business (6)
18 Concerning the countryside (5)
19 Small black or green savoury fruit (5)
21 Hoarse, surly (5)

Yesterday's solutions:

CRYPTIC - ACROSS: **1** Alpha **4** Iceni **10** Often **11** Bewitch **12** Iberian **13** Links **14** Eyrie **16** Opera **21** Set up **23** Tin mine **25** Enamour **26** Ahead **27** Sated **28** Piste **DOWN:** **2** Lithely **3** Hindi **5** Cowslip **6** Not on **7** Colic **8** Ebony **9** Chose **15** Implode **17** Raiment **18** Asked **19** U-turn **20** Sends **22** Tiara **24** NAAFI.

QUICK - ACROSS: **1** Cigar **4** Chick **10** Renal **11** Screech **12** Windbag **13** Inter **14** Aside **16** Byway **21** Means **23** Tornado **25** Too much **26** Fling **27** Lambs **28** Merge **DOWN:** **2** Innings **3** Ad-lib **5** Horrify **6** Crest **7** Crown **8** Usage **9** Shire **15** Disturb **17** Amazing **18** Smith **19** Itchy **20** Soggy **22** Aroma **24** Rifle.

SOLUTIONS TO ALL TODAY'S PUZZLES WILL APPEAR IN MONDAY'S EDITION

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HOROSCOPES

Our resident astrologist
MECCA WOODS
gives today's predictions

ARIES (March 21st - April 20th)
A short trip to visit with close friends or family can be a good way to satiate wanderlust. An outing could also be fun!

TAURUS (April 21st - May 21st)
You might be inspired to work on a home-improvement project. You could luck out and find some unique items to refresh your space.

GEMINI (May 22nd - June 21st)
Try to get away from the crowd and enjoy something fun or relaxing on your own.

CANCER (June 22nd - July 23rd)
You need a project that doesn't require you to expend a ton of mental energy, like colouring, reading a breezy novel, or watching a lighthearted movie.

LEO (July 24th - August 23rd)
If you're in need of some healing vibes, today could be great for taking a sound medicine workshop, signing up for a yoga class, or joining a volunteer program.

VIRGO (August 24th - September 23rd)
If you want to boost your career, there may be a seminar this weekend that's worth attending. Today can also be useful for fleshing out long-term plans.

LIBRA (September 24th - October 23rd)
Feeling a little rusty? Seek out opportunities to sharpen your skills.

SCORPIO (October 24th - November 22nd)
Being near water or getting a change of scenery could help ease any tension or moodiness that you may be feeling.

SAGITTARIUS (November 23rd - December 21st)
Money might be on your mind. Maybe it's time to have a conversation with your partner or an advisor about a financial matter.

CAPRICORN (December 22nd - January 20th)
Are there any tasks on your plate that you can give to someone else? It might make your life easier.

AQUARIUS (January 21st - February 19th)
Instead of worrying about what's coming tomorrow, practicing a mindful exercise like gardening or journaling can help you stay present.

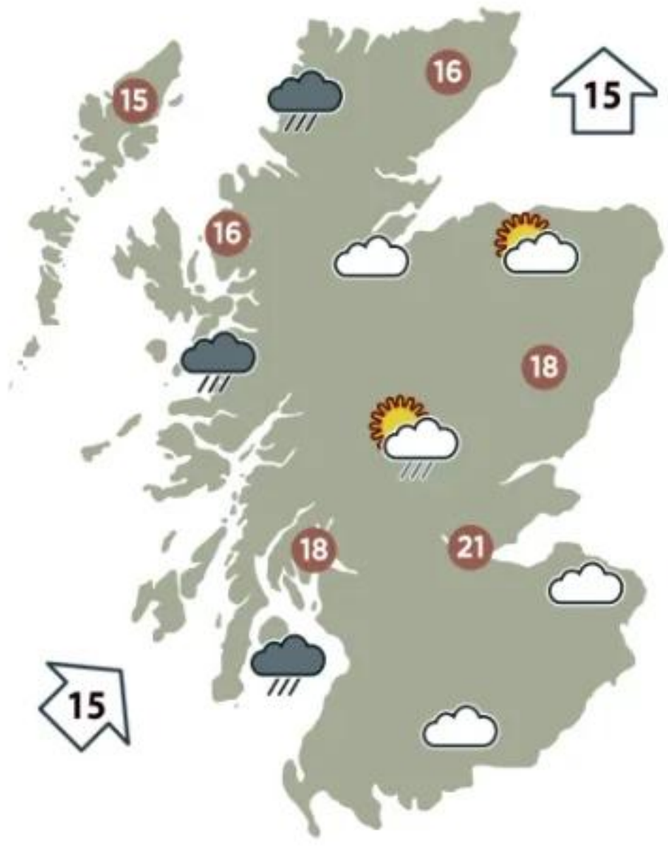
PISCES (February 20th - March 20th)
It's the kind of day where you might have more fun at home than you would going out.

FOR TODAY'S BIRTHDAY

When life gets a bit heavy, you don't allow yourself to stay down for too long. You know how to turn a loss into a win. You can find the silver lining in a difficult situation and still make the most of it. When good things come to you, it's often because of your magnetism and positivity. You're also quite the go-getter! You're usually comfortable being a solo act, but this year invites you to share the spotlight with others. You could end up being a part of a winning team.

WEATHER

Shetland, Orkney		North West, Caithness		Moray Firth, Inverness	
AM	PM	AM	PM	AM	PM
Aberdeen, North East		**Central Highlands**		**Argyll and West**	
AM	PM	AM	PM	AM	PM



GENERAL SITUATION

MODERATE

A wet start for the north-west, with heavy rain continuing. Elsewhere, the morning starts dry with light winds. Rain extends across Scotland by noon, particularly in western regions, with heavier showers anticipated later on in the day.

OUTLOOK FOR THE WEEK AHEAD

15

Tomorrow, expect widespread rain across Scotland, easing early next week. Midweek turns drier with occasional sunshine.

AROUND SCOTLAND

2-day forecast	Today TEMP (°C) Max	min	outlook	Tomorrow TEMP (°C) max	min	outlook
Aberdeen	20	14	cloudy	20	10	rain
Arbroath	18	14	fair	18	10	fair
Aviemore	18	11	rain	17	8	rain
Banff	19	13	cloudy	18	11	fair
Buckie	19	13	cloudy	18	11	fair
Fraserburgh	17	14	rain	16	12	rain
Invergordon	19	12	cloudy	18	11	fair
Inverness	18	12	rain	17	10	rain
Kinloss	19	12	cloudy	18	11	fair
Lerwick	14	11	rain	14	9	fair
Macduff	19	13	cloudy	18	11	fair
Mallaig	16	12	rain	16	11	shwrs
Oban	16	12	rain	16	11	shwrs
Peterhead	17	14	rain	16	12	rain
Stornoway	15	11	rain	16	10	shwrs
Wick	17	11	rain	16	10	shwrs

AROUND THE UK

2-day forecast	Today TEMP (°C) Max	min	outlook	Tomorrow TEMP (°C) max	min	outlook
Belfast	19	14	rain	22	16	fair
Birmingham	26	13	fair	18	10	rain
Bristol	22	17	fair	28	14	fair
Cardiff	26	14	fair	24	16	sun
Darlington	25	14	fair	27	14	sun
Dundee	20	14	cloudy	22	11	cloudy
Edinburgh	20	14	cloudy	28	12	sun
Exeter	24	11	fair	25	12	fair
Glasgow	18	13	rain	30	15	sun
Ipswich	27	13	sun	27	14	fair
Leicester	25	14	sun	31	17	sun
London	26	14	fair	23	13	cloudy
Manchester	28	15	fair	29	16	fair
Norwich	26	13	fair	25	14	sun
Plymouth	26	14	fair	25	14	fair
Swansea	24	15	fair	22	15	fair

HIGH TIDES

Aberdeen	22.22	11.01	23.37
Arbroath	23.09	11.50	–
Banff	20.35	09.21	22.03
Buckie	20.38	09.19	21.56
Fraserburgh	21.01	09.40	22.15
Invergordon	20.32	09.13	21.52
Lerwick	19.44	08.31	21.01
Macduff	20.35	09.21	22.03
Mallaig	14.52	04.12	16.35
Montrose	23.09	11.49	–
Oban	14.35	03.55	16.18
Peterhead	21.47	10.29	23.04
Scrabster	17.37	06.09	18.52
Ullapool	16.01	04.40	17.16
Wick	20.04	08.45	21.21

ABROAD

Weather at noon local time yesterday except *denotes readings from the day before

	(°C)	(°F)	
Amsterdam	21	70	fair
Athens	34	93	fair
Balearics	33	91	sunny
Barbados	31	88	sunny
Barcelona	31	88	sunny
Beijing	36	97	sunny
Berlin	20	68	cloudy
Budapest	33	91	fair
Cairo	34	93	sunny
Canaries	31	88	sunny
Chicago*	26	79	cloudy
Copenhagen	17	63	fair
Corfu	35	95	sunny
Costa del Sol	31	88	sunny
Crete	31	88	sunny
Cyprus	33	91	sunny
Dublin	19	66	fair
Faro	29	84	sunny
Frankfurt	24	75	sunny
French Riviera	31	88	sunny
Geneva	27	81	sunny
Helsinki	20	68	thunder
Houston	35	95	sunny
Istanbul	28	82	sunny
Johannesburg	20	68	sunny
Los Angeles*	25	77	sunny
Madrid	34	93	sunny
Majorca	33	91	sunny
Malta	34	93	sunny
Miami*	33	91	thunder
Montreal*	26	79	thunder
Moscow	28	82	sunny
Naples	32	90	sunny
New York*	31	88	fair
Oslo	19	66	cloudy
Paris	24	75	sunny
Prague	24	75	sunny
Rhodes	31	88	sunny
Rome	33	91	sunny
Singapore	29	84	fair
Stockholm	18	64	fair
Sydney	16	61	sunny
Toronto	28	82	fair
Vancouver*	21	70	sunny
Vienna	28	82	fair

LIGHT-UP TIMES

Moving vehicles should display dipped headlights from sunset to sunrise and during times of poor visibility.

Sunrise	Sunset	M/rise	M/set	Light-ups
ABERDEEN 05.20	21.08	23.51	19.05	21.08 - 05.22
INVERNESS 05.24	21.17	23.51	19.19	21.17 - 05.26
LERWICK 05.01	21.18	22.57	19.50	21.18 - 05.04
STORNOWAY 05.32	21.29	23.54	19.37	21.29 - 05.34

HILLWALKERS' 48-HOUR FORECAST

East Highlands, West Highlands, Cairngorms, Skye:

Today, expect wet conditions in the Central Highlands and Argyll, with clearer skies in the northeast. Tomorrow, persistent rain continues in the west, while northern areas remain breezy, freezing level remains high.

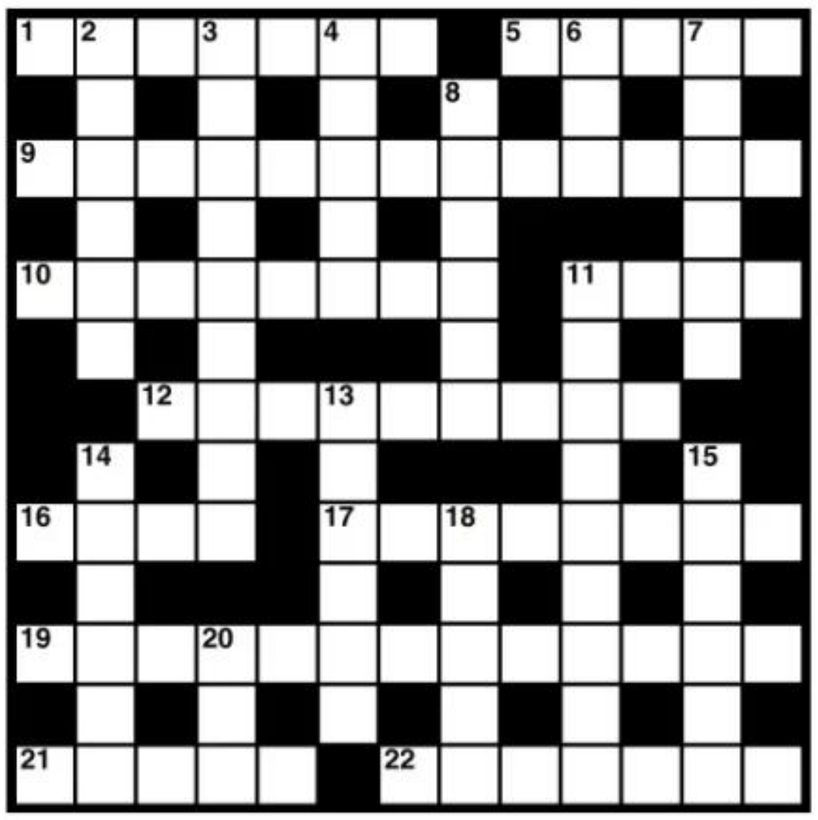
HIGHEST & LOWEST

In Britain Thursday

Warmest: Thorney Island, 25c.
Coldest: Exeter Airport No 2, 6c.
Wettest: Stonyhurst, 8.60mm.
Sunniest: Yeovilton, 12.8hrs.

10-MINUTE CROSSWORD

Have fun with this straightforward crossword.



ACROSS

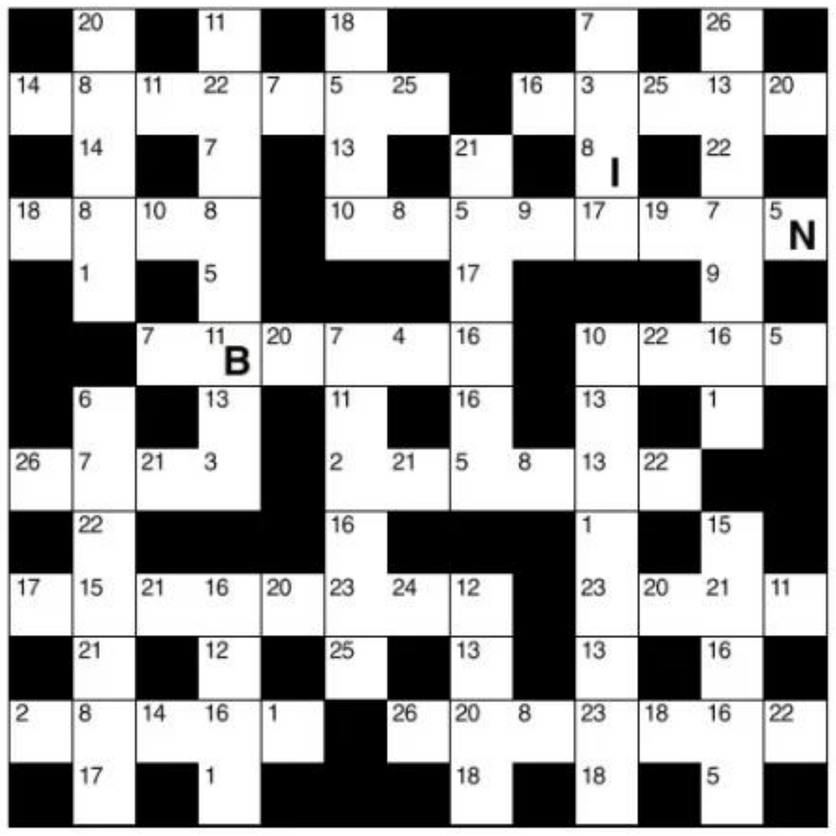
1 Butting (7)
5 Conduits (5)
9 State of being awake (13)
10 Colourful cage bird (8)
11 Equestrian sport (4)
12 Electrical grooming product (9)
16 Network of paths (4)
17 Interfering or prying (8)
19 Consumption duty (5,5,3)
21 Mingles, merges (5)
22 Marine sodium chloride (3,4)

DOWN

2 Lacking in principles (6)
3 Administer poorly (9)
4 Innocent (5)
6 Electrically charged atom (3)
7 Without effort or difficulty (6)
8 Assemble (6)
11 Debars (9)
13 Gordon ___, celebrity chef (6)
14 African wildlife tour (6)
15 Necessitate, call for (6)
18 Evade craftily (5)
20 Employ (3)

CODEWORD

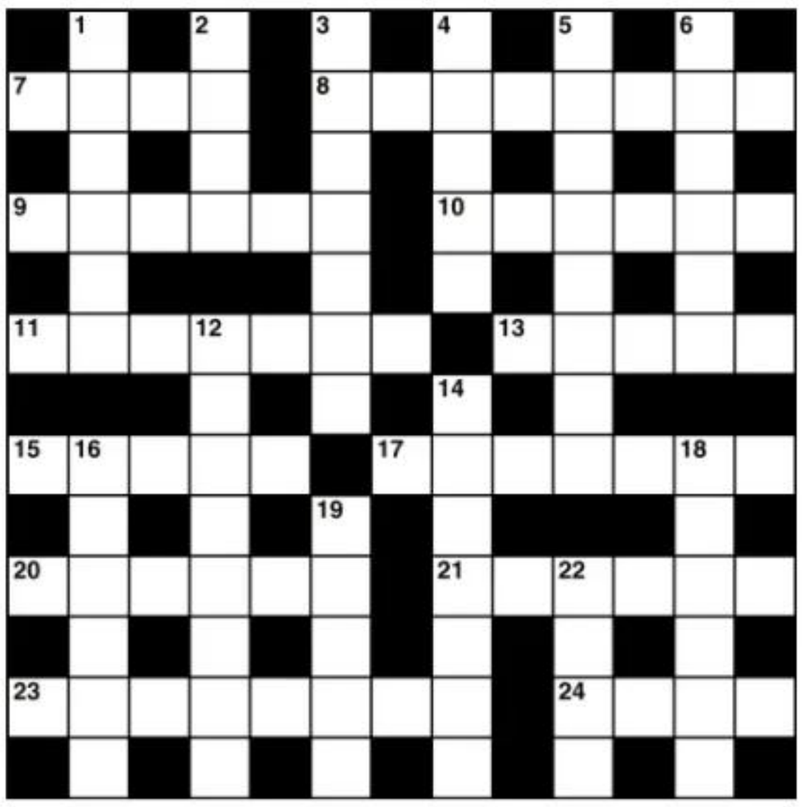
Each number in the grid represents a different letter of the alphabet. We have decoded some letters to start you off. Enter them in the appropriate squares in the grid, then use your knowledge of words to work out which letters should go in the missing squares. Check off the alphabetical list of letters as you identify them.



A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

1	2	3	4	5 N	6	7	8 I	9	10	11 B	12	13
14	15	16	17	18	19	20	21	22	23	24	25	26

CRYPTIC CROSSWORD



ACROSS

7 Healthy, but left out of orchestra? (4)
8 What may be great, better or second (8)
9 Trading place encountered outside of boat (6)
10 Concerning the historical feast (6)
11 Yours truly needs a certain action taken (7)
13 Deep emotion does not start for the Musketeer (5)
15 Verrucas reversed with hollow tube (5)
17 Poor hygiene ruins processed cheese (7)
20 Speak of popular colour (6)
21 Dwelling holding silver gains great respect (6)
23 Change amount, it is a genetic variant (8)
24 In October I chanced on Morecambe (4)

DOWN

1 A padre disrupted the march (6)
2 Last month, King went on board (4)
3 Twist awkwardly when torn cot collapses (7)
4 Wader in the West Orkneys (5)
5 Nothing in crumpet cooked by PC (8)
6 Lancashire town shortened quickly (6)
12 A boy eaten by marine creature in the spring, perhaps (8)
14 Making observation about hospital is of no value (7)
16 Mouth-organ (6)
18 Where to put this answer, girl (6)
19 Suit to prove in good shape (5)
22 Bearing maize and at intervals (4)

WORDSEARCH

Can you find the listed items in the grid? Words may run either forwards or backwards, in a horizontal, vertical or diagonal direction, but always in a straight, unbroken line.

B	R	E	V	R	E	S	F	W	X	B	H	E
E	V	I	T	A	L	U	C	E	P	S	P	F
N	D	I	S	C	O	R	D	E	H	U	E	A
I	D	R	B	D	E	F	L	A	T	I	O	N
L	I	E	R	G	M	W	S	K	S	T	V	O
N	R	N	E	O	A	P	Y	W	E	H	I	N
O	O	U	N	L	T	R	E	C	V	D	R	Y
S	R	I	L	O	T	A	H	E	N	R	T	M
S	S	E	T	S	V	N	L	T	I	I	U	I
M	T	P	U	C	O	A	E	U	L	E	A	T
H	S	D	A	L	A	K	T	I	G	E	L	Y
T	N	T	O	Y	R	S	T	I	X	E	G	M
I	F	G	O	A	M	A	N	C	O	B	R	E
R	Y	C	M	C	L	E	H	A	D	N	N	R
O	H	S	U	O	K	A	N	I	R	O	E	P
G	N	R	V	E	N	S	I	T	S	T	O	E
L	C	D	L	G	E	S	A	B	A	T	A	D
A	R	G	E	C	A	P	I	T	A	L	N	M

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Wordsearch

Cryptic Crossword

Codeword

10-minute Crossword

ARROWORD

Follow the arrows to fill in your answers

Amateur astronomer		Scottish word for food		Charming	Structure on either side of an arch	Unpleasant fact (4,5)		Easily influenced		All at ___, at a loss	Orange pieces
								Idiot			
Short and sharp		___ of the green, good luck				Confused conflict					
								Jailbird			
Animate being		Trapeze safety precaution				Gout-affected digit				Placed	
			And other things (abbr)	Ruin				Drink made from malt and hops			
Sickly, pale		Hole in a needle				Citified					
				Word used to negate a sentence				Illuminated			
Fuel dug from a bog		Baby's bed				Takes notice of					

PIECEWORD

V ■ V I S E N ■ R	P L E ■ E ■ P E R	■ A ■ R ■ E ■ B ■	A U G ■ S ■ I K T	E ■ ■ C U B E ■ O
■ S U P ■ L R E A	H E D E ■ E A T ■	C K E ■ O ■ C H E	A S E L ■ R ■ H Y	A ■ T T O U E ■ A
■ C H ■ A ■ P N O	E S S S ■ U S I S	C ■ A O U N N ■ T	P U S I ■ O N A L	A B A ■ R ■ T A ■
S E ■ E ■ A D O C	C A M ■ U ■ T R I	O ■ O R I D S ■ D	■ ■ ■ ■ P O I E ■	D A T E ■ A A O R
E ■ I D I T ■ ■ U	■ V I C E ■ ■ ■ ■	■ L ■ E ■ A ■ F ■	D ■ L ■ ■ ■ D ■ D	D I S E ■ O D U M

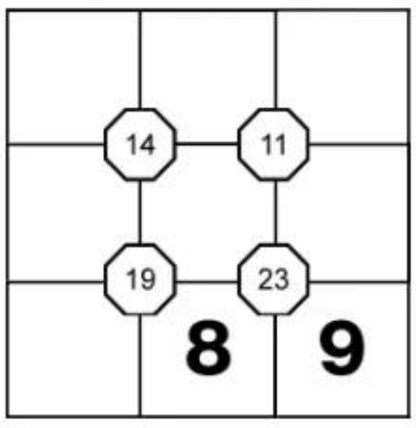
With the help of the Across clues only, use the 25 pieces to recreate a symmetrical crossword in the empty grid.

ACROSS

1 Computer's information store • University grounds
3 Heart artery • Canonical
4 By way of
5 Measure of weight • See the sights • Amend proofs
7 Drew liquid through a straw • Showed amusement
9 Got to • Decree
11 Square block • Very dry • Dignity and assurance of manner
12 Pass on
13 Annoy, irritate • Game with pawns and knights
15 Truck with a tilting body • Method of inducing a sleep-like state

SEKUTA

Place the numbers 1 to 9 in the spaces so that the number in each octagon is equal to the sum of the four surrounding boxes.



SUDOKU

Place the numbers from 1 to 9 in each empty cell so that each row, each column and each 3 x 3 block contains all the numbers from 1 to 9.

Easy

								2
7	3						8	5
		8	4	2		1	7	
5				9	4		1	
				7				4
2				5	8		6	
		9	7	8		2	4	
4	7						3	9
								1

Medium

			2	9	1			
						2		5
			8		6	9		
4		6		8				
3			7					9
2		1				6		3
	1	2			4			6
								1
	3			1	9	8	7	

PATHFINDER

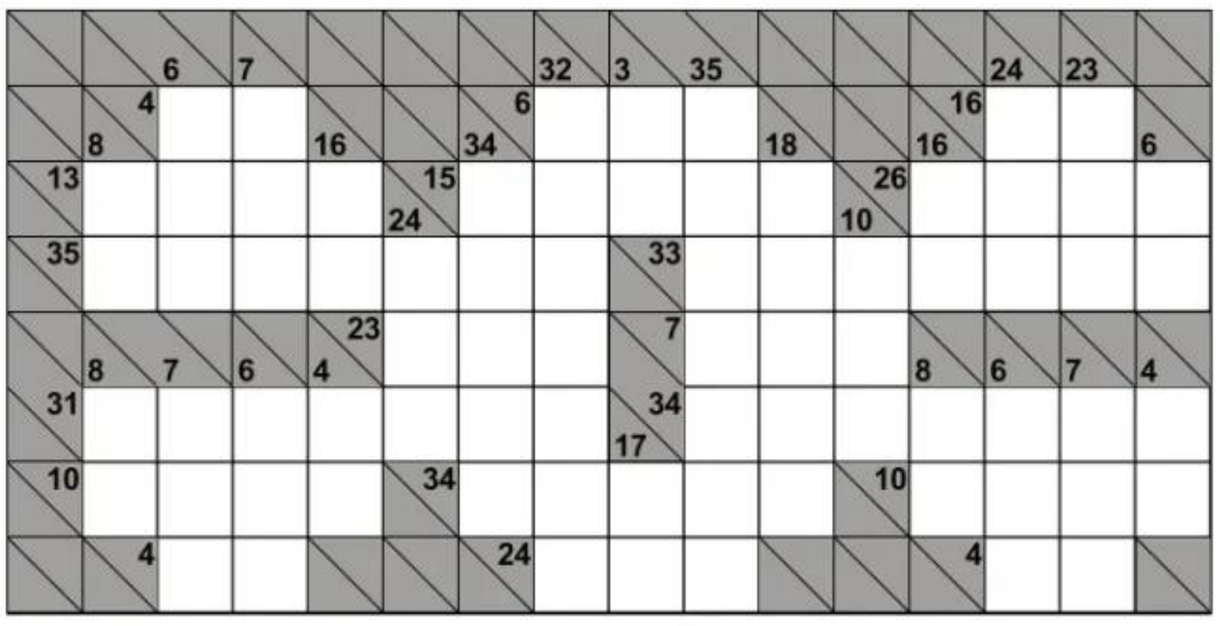
Beginning with the highlighted letter, follow a continuous path to find the listed words. The trail passes through each and every letter once, and may twist up, down or sideways, but never diagonally.

Y	R	C	G	N	O	U	S	T	S	A	T	T
S	T	E	S	F	T	G	P	E	H	O	N	N
L	A	S	O	R	R	A	M	U	L	Y	E	A
S	N	D	C	U	C	T	A	N	T	I	O	D
C	A	Y	U	E	S	O	L	T	A	S	N	N
R	A	B	L	G	W	L	P	R	A	O	L	O
A	R	R	O	W	O	Y	E	L	B	E	U	F
M	E	M	R	N	B	S	U	O	S	L	B	E
E	D	O	E	T	S	W	C	R	E	C	U	B
E	D	L	A	C	A	H	I	L	A	C	T	O
T	A	R	S	T	T	E	T	E	R	N	E	S
A	N	G	S	E	S	E	E	N	E	U	I	C
L	U	S	E	E	W	B	D	I	F	G	N	I

BARLEY
BEET
BOWL
BROWN
CANDY
CASTER
CRYSTALS
CUBE
DEMERARA
FONDANT
FRUCTOSE
GLUCOSE
GRANULATED
HONEY
ICING
LACTOSE
LUMP
MOLASSES
PLANTATION
SOLUBLE
SUCROSE
SUGAR
SWEET
TASTE
TONGS
UNREFINED
WHITE

KAKURO

Fill the grid so that each block adds up to the total in the box above or to the left of it. You can only use the digits 1-9 and you must not use the same number twice in a block.



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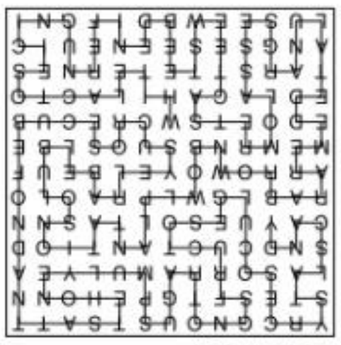
■	Z	■	E	Y	E	■	U	R	B	A	N	
W	A	N	■	M	A	R	■	A	L	E	■	
■	G	■	N	E	T	■	T	O	E	■	M	
C	R	E	A	T	U	R	E	■	L	A	G	
■	A	■	R	U	B	■	M	E	L	E	E	
S	T	A	C	C	A	T	O	■	A	S	S	
■	■	■	S	■	■	■	H	■	M	■	■	

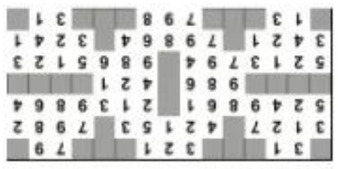
Sudoku

8	2	6	9	4	3	7	5	1
4	7	1	5	6	2	8	3	9
3	5	9	7	8	1	2	4	6
2	1	4	3	5	8	9	6	7
9	8	3	1	7	6	5	2	4
5	6	7	2	9	4	3	1	8
6	9	8	4	2	5	1	7	3
1	4	5	8	3	7	6	9	2
7	3	2	6	1	9	4	8	5

Pathfinder



Kakuro



Sekuta

723
415
689

Piecework

THE PRESS AND JOURNAL
Saturday, August 8, 2026

People carrier by

BY JACK MCKEOWN

When I became a motoring journalist 20 years ago, most of the cars I drove had manual gearboxes. It was quite a rarity to get a car with automatic transmission.

How times have changed. The Ford Tourneo Courier is the first manual car I've driven this year.

Fortunately, my left hand had not forgotten what to do and I managed to get through the week without stalling once.

It didn't hurt that Ford has always made good gearboxes, and it was easy to snick through the speeds without any fuss.

The two vehicles may look nothing alike, but the Ford Tourneo Courier has the same underpinnings as the Ford Puma.

The Tourneo Courier has none of the Puma's sharp styling and sleek profile, however.

It's as boxy as a garden shed. But what the van-based people carrier does have is a huge amount of practicality for a vehicle with a relatively small footprint.

You get 570 litres of boot space up to the parcel shelf, which is similar to that offered by a big estate car like a BMW 5 Series Touring or an Audi A6 Avant.

However, the Tourneo Courier's tall shape means you can keep all five seats in place and squeeze in an extraordinary 1,188 litres of kit if you pack it up to the roofline.

Drop the rear seats and there's a cavernous 2,162 litres of cargo space.

All that height means the tailgate is extremely large, though. You have to make sure you're not too close to the wall when parking or you won't be able to open it fully.

That towering roofline also means the Stoltman brothers could sit in the back without their heads touching the ceiling.

Sliding rear doors would make it easy for the two strongmen to ease themselves into the back seats as well.

Big square windows and a huge windscreen let plenty of light into the cabin. Meanwhile, there's a large shelf below the roofline and above the windscreen, a spacious glove box, large door bins, and numerous other storage spaces. It's an ideal car for transporting a family and all their gear.

Under the bonnet is Ford's 1.0-litre EcoBoost engine. The three-cylinder, turbocharged unit develops 125hp.

Getting from 0-62mph takes 13 seconds and top speed is 109mph. Combined fuel economy is 41.5mpg.

There's no diesel option, but you do get an electric version called the e-Tourneo Courier, which has an official range of 177-198 miles. Its low benefit-in-kind taxation makes it an attractive option for company car drivers.

Prices for the Ford Tourneo Courier start at £24,590. My Titanium model cost £28,320 and had a couple of thousand pounds of options added, including £720 metallic paint and a driver assistance pack costing just over £1,000.

The Titanium version is well equipped. Heated seats, a heated steering wheel, electric front seats and a wireless phone charger are among the highlights.

Fords have always been nice to drive and the Tourneo Courier is no exception. Of course, it doesn't set the heather alight with its performance and its boxy shape means it

Ford satisfyingly uncool

doesn't handle as adroitly as the svelte Ford Puma. It never feels cumbersome or van-like to drive, however.

I took it up to Glen Doll for a work job. On the A90 dual carriageway, there was a bit of wind noise, which is hardly unexpected given its high sides and large wing mirrors. Apart from that, it settled down nicely and was an easy vehicle to cruise along in.

Delving into the Angus Glens, it handled the twisting roads that lead to Glen Clova and on to Glen Doll without rolling around too much in the corners.

Soft suspension soaked up the numerous bumps and potholes in the road as well.

There's plenty of room upfront and it's easy to find a comfortable driving position. You sit higher up than in a car and the large windscreen gives a great view of the road ahead.

ROOMY: The Tourneo Courier's tall shape means you can keep all five seats in place and squeeze in 1,188 litres of kit.

The Facts

Model: Ford Tourneo Courier
Price: £28,320
0-62mph: 13 seconds
Top speed: 109mph
Economy: 41.5mpg
CO_2 emissions: 154g/km

Frustratingly, and like many other car makers, Ford have packaged all the controls into a touchscreen, making it a fiddle to change the temperature or adjust the fan speed.

At eight inches, the screen is smaller than usual, meaning finding the controls is even trickier.

Overall, though, I spent an enjoyable week with the Ford Tourneo Courier. I like that it is an unashamedly no-nonsense, old-school van-based people carrier.

There is already a sea of SUV and crossover-type cars out there, so it's good to see an alternative.

The Tourneo Courier is unashamedly unfashionable and all the better for it. It's also exceptionally practical, pleasant to drive, well enough equipped, and offers great value for money.

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THE PRESS AND JOURNAL
Saturday, August 8, 2026

AYR

GOING – Good-good to soft in places

5.27 A MCKIE BUILDERS EBF RESTRICTED MAIDEN STAKES (GBB RACE) (CLASS 5) £8,000 added 2YO only 6f Penalty Value £4,187

1	53	**Beechwood Glory 5-2 (IRE) (15)** J Butler 2 9 7	**Mikey Sheehy 8**
2	4	**Coul Blue 16-1 (IRE) (8)** M Dods 2 9 7	**Lewis Edmunds 6**
3	66	**Flashing Star 12-1 (42)** M Walford 2 9 7	**Jason Hart 7 H**
4		**Lone Striker 16-1 (IRE)** Phillip Makin 2 9 7	**S H James 2**
5	826	**Mick's The Boy 7-2 (IRE) (24) (BF)** M & D Easterby 2 9 7	**Jake Dickson (5) 5**
6	38635	**Ponte Carlo 5-1 (IRE) (37)** T D Easterby 2 9 7	**Sean Kirrane 9**
7		**Redrosecastana 66-1 (IRE)** C N Kellett 2 9 7	**P Mulrennan 1**
8	76	**Unbeatable Fame 33-1 (IRE) (7)** R A Fahey 2 9 7	**J Garritty 4**
9	444	**Black Cuillin 8-1 (IRE) (32)** Craig Lidster 2 9 2	**A Mullen 10**
10	6543	**Roman Crystal 9-2 (IRE) (15)** M & D Easterby 2 9 2	**Billy Garritty 3**

17 declared.

6.00 SUNDAY ROAST AT WESTERN HOUSE HOTEL HANDICAP (CLASS 6) £8,000 added 3YO plus 5f Penalty Value £4,187

1	051373	**Hi Lord 8-1 (26) (D)** W G Harrison 4 10 0	**Barry McHugh 1**
2	25-011	**King Of The Jungle 5-1 (IRE) (49) (CD)** M & D Easterby 6 9 13	**Billy Garritty 6**
3	168304	**Harb 10-1 (7) (CD)** T Davidson 7 9 10	**Lexie Clarkson (7) 7**
4	655365	**Water Of Leith 10-1 (IRE) (12) (CD)** J S Goldie 8 9 9	**P Mulrennan 4**
5	832242	**Startling 13-2 (12) (D) (BF)** J S Wainwright 4 9 9	**Jason Hart 13 B**
6	-93444	**Midnight Lir 7-1 (IRE) (15) (D)** M Dods 5 9 8	**Sean Kirrane 10 B**
7	074963	**South Parade 8-1 (IRE) (8) (D) (BF)** R A Fahey 5 9 7	**Ethan Tindall (5) 11**
8	-05223	**Harry Mole 6-1 (14)** Steph Hollinshead 4 9 6	**D C Costello 5**
9	2-2549	**Keep The Gold 16-1 (33) (BF)** M Dods 4 9 4	**Lewis Edmunds 9**
10	448968	**Falcon Queen 33-1 (IRE) (12)** R M Smith 3 9 3	**J P Sullivan 12 H**
11	0U-931	**Supremissy 12-1 (IRE) (47) (D)** I Jardine 3 9 2	**A Mullen 2**
12	377565	**Royal Duke 12-1 (12) (CD)** R M Smith 5 8 9	**Shay Farmer (5) 3**
13	357726	**Summerstorms Dream 16-1 (IRE) (12)** J S Goldie 4 8 9	**Lauren Young (5) 8**

17 declared.

6.30 BOOK LADBROKES AYR GOLD CUP LADIES DAY HANDICAP (CLASS 5) £8,000 added 3YO plus 1m 2f Penalty Value £4,187

1	4-6421	**Tiger 5-2 (FR) (6) (D)** Ian Williams 4 10 7 (5ex)	**Ryan Kavanagh (3) 8**
2	8/8623	**Mr Lincoln 10-1 (35) (J21)** I Jardine 6 10 2	**A Mullen 13**
3	-35370	**Draupnir 25-1 (14)** M & D Easterby 4 9 11	**Billy Garritty 6**
4	624223	**Geo 12-1 (IRE) (12) (C)** J S Goldie 4 9 11	**P Mulrennan 1**
5	8-8234	**Pol Roger 16-1 (IRE) (26) (CD)** M Dods 6 9 10	**Sean Kirrane 5**
6	-73282	**Dryburgh 6-1 (IRE) (64)** Oli Rix 3 9 8	**S H James 10 H**
7	4-4731	**Unchartedterritory 5-1 (IRE) (60)** D O'Meara 3 9 7	**Lewis Edmunds 7**
8	74-831	**Faeberon 7-1 (IRE) (41)** S & E Crisford 3 9 6	**D C Costello 9**
9	-34176	**Mayor Of Maghera 20-1 (12) (J87)** R M Smith 4 9 3	**J P Sullivan 14**
10	0-4908	**Natzor 66-1 (FR) (10) (J130) (D)** Lizzie Quinlan 6 9 1	**Barry McHugh 4**
11	823521	**Phantom Shadow 6-1 (FR) (19) (CD)** Ewan Whillans 3 9 1	**Jason Hart 2**
12	906	**Path To Peace 25-1 (USA) (38)** K Scott 3 9 0	**Greg Fairley 12 B**
13	241334	**Annandale (IRE) (26) (C) (BF) (D)** J S Goldie 8 8 13	**Non Runner 3**
14	7-6034	**Ibn Altheeb 20-1 (IRE) (28)** I Jardine 3 8 13	**Jack Nicholls (3) 11 B**

14 declared.

7.00 UNITE EWING HOPE'S HAPPY RETIREMENT HANDICAP (CLASS 4) £10,000 added 4YO plus 1m Penalty Value £5,234

1	-05458	**Theoryofeverything 13-2 (34) (CD)** D O'Meara 6 9 11	**Jason Hart 10**
2	310805	**Walsingham 7-1 (IRE) (8) (D)** D O'Meara 6 9 9	**Billy Garritty 4**
3	7-5000	**Bravais 25-1 (92)** Ian Williams 6 9 9	**Ryan Kavanagh (3) 7**
4	61-018	**Milteye 14-1 (50) (J728) (D)** H Bethell 6 9 8	**Ethan Tindall (5) 3**
5	232584	**Breakdancer 6-1 (IRE) (12) (D)** S & E Crisford 4 9 6	**P Mulrennan 1**
6	5-3010	**High Point 16-1 (IRE) (7) (J150)** I Jardine 5 9 4	**A Mullen 2**
7	122071	**Hale End 11-4 (IRE) (19) (CD)** M Dods 6 9 4	**Lewis Edmunds 5**
8	2-0030	**Count Palatine 25-1 (IRE) (57) (C)** M Dods 5 9 3	**Sean Kirrane 6**
9	784814	**Jannas Journey 8-1 (IRE) (23) (CD)** J S Goldie 5 9 3	**Lauren Young (5) 9**
10	-11322	**Military Leader 7-2 (23) (D)** Phillip Makin 5 8 11	**S H James 8 B**

14 declared.

7.30 CHRISTMAS PARTIES AT WESTERN HOUSE HOTEL HANDICAP (CLASS 6) £9,000 added 3YO plus 6f Penalty Value £4,711

1	735231	**Mr Cool 3-1 (IRE) (12) (CD)** C Johnston 4 10 3	**Oliver Stammers 8**
2	0-4616	**Annie Edson Taylor 10-1 (52) (D)** Phillip Makin 5 9 13	**S H James 3 B**
3	400636	**Impressor 14-1 (IRE) (59) (CD)** Phillip Makin 9 9 12	**Lewis Edmunds 5**
4	658606	**Kelpie Grey 10-1 (12) (C) (BF)** J S Goldie 6 9 11	**P Mulrennan 6**
5	222629	**Thunderstorm Katie 12-1 (7) (CD)** J S Goldie 5 9 10	**Lauren Young (5) 13**
6	3-3257	**Taaklam 8-1 (IRE) (8) (BF)** H Bethell 3 9 8	**Aiden Brookes 7**
7	5-430	**Masai Angel 16-1 (FR) (38)** R A Fahey 3 9 7	**J Garritty 2**
8	460933	**Whiskey Kisses 13-2 (IRE) (19) (BF)** R M Smith 3 9 7	**Greg Fairley 11**
9	4570	**Elemma 25-1 (IRE) (44)** R A Fahey 3 9 6	**Billy Garritty 4**
10	57-005	**Highfield Sunshine 16-1 (IRE) (17)** J & S Quinn 4 9 6	**Jason Hart 1**
11	202038	**Ukiyo 10-1 (IRE) (50) (D)** A Kinirons (IRE) 5 9 2	**Mikey Sheehy 12**
12	834718	**Doon The Glen 14-1 (12) (D)** J S Goldie 6 9 0	**Barry McHugh 10 V**
13	1-2343	**Lanarra 6-1 (IRE) (12) (D)** R M Smith 3 8 8	**A Mullen 9**

17 declared.

8.00 BOOK THE LADBROKES AYR GOLD CUP HANDICAP (CLASS 5) £8,000 added 3YO plus 7f 50yds Penalty Value £4,187

1	36-509	**Highfield Viking 14-1 (55) (CD)** J & S Quinn 6 10 0	**Jason Hart 1 B**
2	835132	**Runninsonofagun 7-2 (IRE) (12) (C) (BF)** T Davidson 4 9 13	**J Garritty 10**
3	-44253	**Black Storm 6-1 (IRE) (30) (D) (BF)** K Scott 5 9 13	**Greg Fairley 7 B**
4	531473	**Phoenix Of Dreams 16-1 (IRE) (102) (D) (BF)** J & S Quinn 5 9 12	**D C Costello 11 H**
5	401-08	**Yy Spirit 50-1 (IRE) (99)** S Corbett 3 9 10	**Lexie Clarkson (7) 6**
6	319334	**Sanafi Zabeel 8-1 (FR) (7)** J S Goldie 5 9 10	**P Mulrennan 13**
7	2-0921	**Circle Of Trust 13-2 (IRE) (49) (CD)** K A Ryan 3 9 9	**Lewis Edmunds 8 B**
8	23-304	**Ubetterseethis 6-1 (57) (D)** Craig Lidster 3 9 8	**S H James 2**
9	58-427	**Stoic Poet 14-1 (IRE) (64)** I Jardine 3 9 8	**Mikey Sheehy 9 H**
10	722268	**Milford Grange 25-1 (14)** M & D Easterby 3 9 7	**Billy Garritty 4**
11	749224	**Supreme Clarets 12-1 (IRE) (14)** R A Fahey 3 9 5	**Warren Fentiman (3) 3**
12	759533	**Yaaser 7-1 (IRE) (7) (CD)** J S Goldie 8 9 4	**Lauren Young (5) 12**
13	746737	**Tap Dancer 14-1 (12)** J S Goldie 4 8 12	**A Mullen 5**

14 declared.

8.30 FESTIVE DAY DANCING AT AYR RACECOURSE CLASSIFIED STAKES (CLASS 6) £8,000 added 3YO plus 1m 2f Penalty Value £4,187

1	099371	**Wicklow Way 15-8 (IRE) (8) (D)** M Walford 4 10 0	**J Garritty 5**
2	-57622	**Charencey 9-2 (IRE) (11)** Ian Williams 6 9 9	**Ryan Kavanagh (3) 3**
3	824227	**Falaise Blanc 16-1 (FR) (8) (D)** K Scott 4 9 9	**Jake Dickson (5) 7 B**
4	785365	**Golden Valour 16-1 (12) (J913) (C)** R M Smith 10 9 9	**J P Sullivan 1**
5	087-06	**One More Bottle 20-1 (12) (J563) (C)** Lizzie Quinlan 5 9 9	**Barry McHugh 11 B**
6	-50915	**Patrick Street 8-1 (49) (J15) (D) (BF)** A Kinirons (IRE) 7 9 9	**Mikey Sheehy 13**
7	549210	**Sassy Glory 14-1 (IRE) (14) (BF)** M Walford 5 9 9	**Jason Hart 2 V**
8	-09648	**Storm On Jura 20-1 (33)** J S Goldie 4 9 9	**Lauren Young (5) 10**
9	0-9549	**Zebra Star 25-1 (IRE) (34) (CD)** R M Smith 6 9 9	**Shay Farmer (5) 4**
10	777-33	**Flying Moonlight 8-1 (IRE) (33)** A M Thomson 3 9 1	**Sean Kirrane 6**
11	0-0923	**Raise The Stakes 8-1 (IRE) (43) (BF)** Ewan Whillans 3 9 1	**Greg Fairley 12 V**
12	556367	**Resdev Time 16-1 (22)** M & D Easterby 3 9 1	**Billy Garritty 9**
13	488677	**Sanny Doo 25-1 (34)** J S Goldie 3 9 1	**P Mulrennan 8**

14 declared.

Hoseki eyes fourth win in Ascot Classic

Hoseki has her sights set on a four-timer in the Dubai Duty Free Shergar Cup Classic at Ascot today.

The Saxon Warrior filly struck for the first time at Redcar in May when stepped up to a mile and a quarter, following that with another trip to the winner's enclosure off 5lb higher at Chester.

William Haggas tried a mile and a half at Ascot last month where she held off Nochebuena by a short head and despite another 5lb for that she should have enough in hand to win again.

Mountain Road can make the long trip from Lanarkshire a worthwhile one in the Dubai Duty Free Shergar Cup Stayers.

Winning at Thirsk over this two-mile trip, the 69-day break will have kept the seven-year-old fresh and Jim Goldie knows the time of day.

Meanwhile, Sallaal is bidding for a hat-trick when he steps up to Group company in the Betway Rose of Lancaster Stakes at Haydock.

The Roger Varian-trained son of Frankel was second on his seasonal reappearance in an Epsom handicap, being left with too much to do in the way things panned out but catching the eye when finishing strongly.

HAYDOCK

GOING – Good-good to firm in places

1.50 BETWAY LEIGH HANDICAP (CLASS 5) £10,000 added 3YO only 1m 2f 42yds Penalty Value £5,234

1	-71021	**Brighton View 10-11 (6) (D)** W J Knight 3 9 13 (6ex)	**Oisin Murphy 5**
2	18-694	**Mandarin Spirit 7-1 (IRE) (25)** K A Ryan 3 9 9	**K Stott 1**
3	4-5418	**Relentless Hero 4-1 (42) (D)** A M Balding 3 9 6	**Colin Keane 3**
4	3-3352	**Saxophonist 7-2 (IRE) (16)** D O'Meara 3 9 6	**D Tudhope 4**
5	63479	**Claytons Kolatonic (54)** D J S Ffrench Davis 3 8 7	**Non Runner 2**
6	5-0953	**Le Tiffen 33-1 (12)** L Williamson 3 8 4	**Molly Gunn (5) 6**

17 declared.

2.25 BETWAY ROSE OF LANCASTER STAKES (GROUP 3) (CLASS 1) £95,000 added 3YO plus 1m 2f 42yds Penalty Value £53,874

1	17-154	**Convergent 7-1 (IRE) (30) (D)** K R Burke 4 9 10	**C Lee 3**
2	119-14	**Danger Bay 5-1 (IRE) (28) (D)** E Bethell 4 9 7	**D Tudhope 4**
3	1113-9	**Nahraan 3-1 (53) (D) (BF)** J & T Gosden 4 9 7	**Oisin Murphy 5**
4	35-211	**Sallaal 10-11 (IRE) (36) (D)** R Varian 4 9 7	**Ray Dawson 1 H**
5	06433-	**Sea Scout 25-1 (IRE) (287) (D)** S & E Crisford 4 9 7	**James Doyle 2**

17 declared.

3.00 IRISH STALLION FARMS EBF DICK HERN STAKES (FILLIES' (CLASS 1) £70,000 added 3YO plus 7f 212yds Penalty Value £39,697

1	/85-31	**Alobayyah 9-2 (52) (D)** W J Haggas 4 9 4	**Tom Marquand 4**
2	1-3032	**Aviatrice 50-1 (IRE) (23) (D)** D Marnane (IRE) 4 9 4	**C Lee 1**
3	1110-4	**Fallen Angel 8-11 (86) (C) (D)** K R Burke 5 9 4	**James Doyle 3**
4	4116-5	**Maeva 100-1 (113) (D)** C Fellowes 4 9 4	**Ray Dawson 7**
5	-19243	**Mostar Dreams 50-1 (IRE) (13) (C) (D)** A Keatley 5 9 4	**O McSweeney 11**
6	31-140	**Noche Clasica 14-1 (IRE) (52) (D)** E Bethell 4 9 4	**D Tudhope 9**
7	24-151	**Rumba Numba 16-1 (11) (D)** R Varian 4 9 4	**J Mitchell 5**
8	5-0432	**Blingy's Sister 20-1 (IRE) (13)** H Palmer 3 8 11	**Oisin Murphy 8**
9	1211-	**Calendar Girl 10-1 (302)** Owen Burrows 3 8 11	**Callum Rodriguez 10**
10	122-53	**Pacific Mission 8-1 (63)** A M Balding 3 8 11	**Colin Keane 6**
11	1-602	**Silenciosa 25-1 (IRE) (35)** Tom Clover 3 8 11	**K Shoemark 2**

17 declared.

3.34 BETWAY ASHTON HEATH HANDICAP (CLASS 3) £15,000 added 3YO plus 6f 212yds Penalty Value £7,851

1	301421	**Crimson Spirit 13-8 (10) (D)** D & C Kubler 5 10 2	**Tom Marquand 4**
2	0-0020	**Pellitory 10-1 (10) (D)** D O'Meara 4 10 1	**D Tudhope 1**
3	219-00	**Yanifer 12-1 (29) (D)** H Bethell 8 9 12	**O McSweeney 7**
4	13-473	**Wechaad (IRE) (28) (D)** R Varian 3 9 10	**Non Runner 2**
5	934545	**Christian David 5-1 (IRE) (14) (D)** R Hannon 5 9 8	**S M Levey 5 B**
6	305700	**New Image 12-1 (7) (D)** D O'Meara 6 9 3	**Oisin Murphy 3 V**
7	2-2131	**Moonshine 2-1 (IRE) (59)** E Walker 3 8 12	**K Shoemark 6**

14 declared.

4.09 BETWAY TANNERS BRIDGE HANDICAP (CLASS 5) £10,000 added 3YO only 6f 212yds Penalty Value £5,234

1	-73632	**Galba 5-1 (10) (BF)** K Frost 3 9 10	**C J Whiteley (5) 8**
2	683121	**Norcross Brow 11-4 (11) (D)** Charlie Clover 3 9 10	**Liam Wright (5) 10**
3	333530	**Comprador 33-1 (49)** A Brittain 3 9 7	**C Lee 1**
4	-65316	**Black Endeavour 6-1 (IRE) (30)** M G Rimell 3 9 7	**K Shoemark 4**
5	4-8104	**Napolian 16-1 (IRE) (11)** D O'Meara 3 9 7	**D Tudhope 6**
6	1-9991	**Crafty Blue 9-2 (IRE) (17) (D)** R Hannon 3 9 7	**S M Levey 7**
7	240212	**Flyta 10-1 (IRE) (11) (D)** D M Loughnane 3 9 7	**J Mitchell 3**
8	3-7551	**Berlinetta 7-1 (12)** J Channon 3 9 5	**George Bass 9**
9	-44252	**Norfolk Blue 10-1 (IRE) (15)** W J Knight 3 9 5	**Oisin Murphy 5 V**
10	-18704	**Horace Wallace 20-1 (49)** R A Fahey 3 9 4	**O McSweeney 2**

14 declared.

4.40 BETWAY CAPITAL CITY HANDICAP (CLASS 3) £30,000 added 3YO plus 7f 212yds Penalty Value £16,200

1	24-106	**Cosi Bello 7-1 (28) (C)** C Fellowes 4 10 3	**Tom Marquand 6**
2	900001	**Witch Hunter 8-1 (FR) (7) (D)** R Hannon 7 10 2	**S C Cronin (5) 1**
3	69-092	**Yorkshire 8-1 (IRE) (21)** E Bethell 6 9 13	**Callum Rodriguez 7**
4	9308-0	**Star Anthem 20-1 (IRE) (91)** C G Cox 4 9 13	**K Stott 5**
5	117	**Mountain Cat 11-2 (IRE) (51) (D)** S bin Suroor 3 9 10	**S Donohoe 9**
6	56-109	**Skipper 14-1 (75) (D)** H Al Jehani (UAE) 5 9 10	**James Doyle 13 B**
7	-07681	**Arctic Thunder 5-1 (IRE) (18) (D)** E Walker 5 9 9	**K Shoemark 11**
8	8-1708	**Tilted Kilt 14-1 (FR) (29) (D)** W J Knight 4 9 6	**Oisin Murphy 4**
9	206157	**Leadman 16-1 (14)** D O'Meara 6 9 5	**D Tudhope 14**
10	311-27	**Lost Signal 8-1 (IRE) (75)** R Hannon 3 9 5	**S M Levey 2**
11	5090-0	**King Casper 33-1 (IRE) (29) (C) (D)** A Brittain 4 9 3	**Ray Dawson 10**
12	644521	**Inspired 8-1 (IRE) (23) (D)** K R Burke 4 9 0	**C Lee 8**
13	455214	**Financer 12-1 (14) (C)** T D Easterby 5 8 12	**O McSweeney 12 B**
14	177578	**Triple Double A 20-1 (IRE) (36) (D)** H Palmer 4 8 11	**Harry Vigors (5) 3**

17 declared.

5.10 BETWAY APPRENTICE HANDICAP (CLASS 5) £10,000 added 3YO only 7f 212yds Penalty Value £5,234

1	2-1811	**Suggy 13-8 (8) (D)** C Hills 3 10 2	**Harry Vigors (5) 5**
2	51-550	**Director's Cut 20-1 (IRE) (40) (D)** R Burdon 3 9 12	**Connor Planas 1**
3	23-412	**Phantom Watch 4-1 (IRE) (43) (D) (BF)** H Palmer 3 9 12	**Liam Wright 2 V**
4	-38915	**Home Hero 6-1 (IRE) (2) (D)** H Palmer 3 9 11	**Luke Catton 3 V**
5	255122	**Sandy Craic 6-1 (IRE) (10)** D O'Meara 3 9 8	**C J Whiteley (3) 7**
6	555	**Forever Endless 16-1 (32)** K Frost 3 9 7	**S C Cronin 8**
7	44-071	**Sunshine And Roses 9-2 (18)** J Channon 3 8 11	**Rose Dawes 6**
8	857868	**Golden Mabel 100-1 (8)** L Williamson 3 8 7	**Matthew Slater (5) 4 H**

17 declared.

ASCOT

GOING – Good to firm

1.35 DUBAI DUTY FREE SHERGAR CUP DASH (HANDICAP) (CLASS 2) £85,000 added 3YO plus 5f Penalty Value £41,803

1	-00193	**Kendall Roy 8-1 (15) (D)** Miss K McGivern (IRE) 5 10 2	**F Valle Skar 3**
2	9-1610	**Tuco Salamanca 6-1 (IRE) (7)** Ollie Sangster 4 10 0	**C L Chau 4**
3	-11700	**Fahrenheit Seven 8-1 (42) (D)** R M H Cowell 5 10 0	**Saffie Osborne 8**
4	310430	**Fandom 7-1 (7) (D)** R Hannon 5 9 12	**Suraj Narredu 7**
5	-78807	**Spartan Arrow 8-1 (IRE) (99) (D)** A Watson 6 9 11	**R L Moore 5 B**
6	7-3911	**All Ways Glamorous 6-1 (14) (CD)** C Mason 5 9 11	**M Velon 11**
7	-16560	**Gaeli 20-1 (ITY) (43) (D)** P A Kirby 5 9 10	**Yutaka Take 6 B**
8	-11150	**Gold Star Hero 16-1 (IRE) (7) (D)** M L W Bell 4 9 8	**C Y Ho 1**
9	618936	**Bolo Neighs 9-2 (IRE) (14) (C)** R M Beckett 4 9 7	**C P Lemaire 9**
10	4-8180	**Cinque Verde 16-1 (11) (D)** A W Carroll 6 9 6	**Jamie Melham 2**
11	293900	**Apollo One 10-1 (14) (C)** P Charalambous & J Clutterbuck 8 9 5	**Reserve 1 12**
12	070860	**Kylian 14-1 (IRE) (14) (D)** R M H Cowell 5 9 4	**Reserve 2 10 V**

10 declared.

2.10 DUBAI DUTY FREE SHERGAR CUP STAYERS (HANDICAP) (GBBPLUS RACE) (CLASS 2) £85,000 added 4YO plus 1m 7f 209yds Penalty Value £41,803

1	4-3040	**Spirit Mixer 12-1 (42) (D)** A M Balding 8 9 10	**Saffie Osborne 2**
2	03-860	**Lavender Hill Mob 14-1 (53) (J245) (D)** James Owen 5 9 8	**Jamie Melham 5**
3	02-735	**Kilmeaden 7-1 (IRE) (43) (J149) (D)** Faye Bramley 4 9 7	**C Y Ho 7**
4	40-905	**Dancing In Paris 12-1 (FR) (15) (J652) (C)** Ian Williams 6 9 6	**L Ferraris 3**
5	412161	**Shrimp Shady 3-1 (21) (D)** A M Balding 4 9 6	**R L Moore 10**
6	8/4351	**Mountain Road 10-1 (FR) (69) (D)** J S Goldie 7 9 3	**Yutaka Take 9**
7	-72631	**Marnier 10-1 (IRE) (36)** G & J Moore 4 9 3	**Suraj Narredu 4**
8	08-788	**Onefortheguttter 20-1 (29) (J1405) (C)** Ian Williams 7 9 2	**M Velon 6**
9	-43509	**Pole Star 10-1 (29)** C Johnston 4 9 0	**Dylan Browne McMonagle 11**
10	14-464	**Hermetic 8-1 (42) (D)** Ian Williams 4 8 11	**C P Lemaire 8**
11	236084	**Beylerbeyi 4-1 (29) (J598)** Ian Williams 6 10 3	**Reserve 1 1 H**

10 declared.

2.45 DUBAI DUTY FREE SHERGAR CUP CHALLENGE (HANDICAP) (GBBPLUS RACE) (CLASS 2) £85,000 added 4YO plus 1m 3f 211yd Penalty Value £41,803

1	778518	**Claymore 12-1 (FR) (35) (C) (D)** Jane Chapple-Hyam 7 10 2	**C L Chau 12**
2	220-20	**Insanity 6-1 (50) (J955) (CD)** A King 6 10 1	**M Velon 10**
3	9/952-	**Frances Ethel 6-1 (SAF) (248) (D)** W J Haggas 6 10 0	**C Y Ho 11**
4	341233	**Night Breeze 4-1 (IRE) (11) (CD)** Ian Williams 6 10 0	**Dylan Browne McMonagle 7**
5	310990	**Enemy 20-1 (35) (C) (D)** Ian Williams 9 9 12	**F Valle Skar 5**
6	341406	**Asgard's Captain 13-2 (IRE) (29) (D)** Dylan Cunha 6 9 8	**R L Moore 9**
7	-66023	**Castle Stuart 7-1 (IRE) (28)** R A Fahey 4 9 8	**L Ferraris 8**
8	071310	**Sportingsilvermine 16-1 (IRE) (28) (D)** James Owen 5 9 8	**Yutaka Take 6**
9	60-504	**Fantasy Believer 8-1 (IRE) (15) (C)** E Walker 9 9 6	**Saffie Osborne 1**
10	2-9041	**Stem 10-1 (IRE) (35)** R Hannon 4 9 6	**Jamie Melham 3**
11	/88-50	**Genealogy 16-1 (106) (J27)** Faye Bramley 4 9 5	**Reserve 1 2**
12	936881	**Parlando 16-1 (14)** Ian Williams 7 9 3	**Reserve 2 4**

10 declared.

3.20 DUBAI DUTY FREE SHERGAR CUP SPRINT (HANDICAP) (CLASS 2) £85,000 added 3YO only 6f Penalty Value £41,803

1	6-3039	**Havana Hurricane 16-1 (28) (C)** Eve Johnson Houghton 3 10 2	**F Valle Skar 10**
2	310-44	**Shaatir 20-1 (116) (D)** A Watson 3 9 13	**L Ferraris 7 B**
3	6-3388	**May Angel 14-1 (30)** J & T Gosden 3 9 13	**C P Lemaire 9**
4	211245	**Red Spells Danger 9-2 (IRE) (14) (D)** T D Easterby 3 9 11	**Saffie Osborne 3**
5	-74646	**Figjam 14-1 (IRE) (29) (D)** K Scott 3 9 11	**C Y Ho 5**
6	10922-	**American Gulf 10-1 (310) (D)** Oliver Cole 3 9 11	**Suraj Narredu 12**
7	1-4664	**Jet Pepper 14-1 (IRE) (39) (D)** S C Williams 3 9 11	**M Velon 1 H**
8	152-10	**Cape Ashizuri 10-1 (IRE) (56) (D)** J & S Quinn 3 9 10	**Dylan Browne McMonagle 6**
9	02-113	**Thunder Call 2-1 (30) (D) (BF)** W J Haggas 3 9 10	**C L Chau 11**
10	22115	**Grasmere Boy 16-1 (14) (D)** Miss J A Camacho 3 9 10	**Yutaka Take 2**
11	3-11	**Anyasi 6-1 (35) (D)** R Varian 3 9 9	**Reserve 1 8**
12	340110	**One And Gone 25-1 (IRE) (9) (D)** Ian Williams 3 9 4	**Reserve 2 4**

10 declared.

3.55 DUBAI DUTY FREE SHERGAR CUP CLASSIC (HANDICAP) (GBBPLUS RACE) (CLASS 3) £85,000 added 3YO only 1m 3f 211yd Penalty Value £41,803

1	1-1394	**Archers Bay 7-2 (IRE) (29)** M Botti 3 10 2	**R L Moore 7**
2	34-111	**Hoseki 15-8 (IRE) (29) (CD)** W J Haggas 3 9 12	**Saffie Osborne 3**
3	1-232P	**Baltic Fleet 16-1 (IRE) (10)** Ian Williams 3 9 10	**C L Chau 6 V**
4	84202	**Blue Hercules 8-1 (IRE) (28)** W Muir & C Grassick 3 9 10	**Jamie Melham 10**
5	-32422	**Pierre Grosse 7-1 (20)** Mrs J Harrington (IRE) 3 9 9	**L Ferraris 9**
6	127212	**Royal Poetry 12-1 (IRE) (14) (D) (BF)** R Hannon 3 9 4	**Yutaka Take 4**
7	213134	**King Of Berkshire 20-1 (IRE) (28) (D)** A M Balding 3 9 3	**C P Lemaire 8**
8	04-142	**Level Look 14-1 (6) (BF)** A M Balding 3 9 2	**F Valle Skar 1**
9	1-9820	**Ohara 12-1 (14)** Eve Johnson Houghton 3 9 0	**Dylan Browne McMonagle 5**
10	53-813	**Last Verse 20-1 (IRE) (10) (D)** J Parr 3 9 0	**Suraj Narredu 11**
11	478231	**Tai Hang Pegasus 20-1 (USA) (2) (D)** C Fellowes 3 8 13 (3ex)	**Reserve 1 2**

10 declared.

4.30 DUBAI DUTY FREE SHERGAR CUP MILE (HANDICAP) (RND) (CLASS 2) £100,000 added 4YO plus 7f 213yds Penalty Value £49,180

1	425842	**Cerulean Bay 6-1 (IRE) (8) (D)** D O'Meara 5 10 1	**Jamie Melham 9**
2	000720	**Two Tribes 8-1 (7) (C) (BF)** R Spencer 5 9 13	**Dylan Browne McMonagle 10 B**
3	-48032	**Crown Board 8-1 (IRE) (14) (D)** Jane Chapple-Hyam 6 9 12	**F Valle Skar 12**
4	-16100	**Mister Winston 12-1 (8) (D)** A M Balding 4 9 12	**C L Chau 1**
5	-04439	**Ebt's Guard 8-1 (8) (CD)** W Muir & C Grassick 5 9 12	**Suraj Narredu 7**
6	2214-0	**Fondo Blanco 16-1 (51) (D)** R Varian 4 9 11	**M Velon 11**
7	170-70	**Bullet Point 5-1 (84) (D)** W J Haggas 5 9 10	**C P Lemaire 2**
8	227044	**Popmaster 16-1 (IRE) (35) (C) (D)** E Walker 8 9 6	**L Ferraris 6**
9	-00800	**Ozat 4-1 (FR) (8) (D)** Ian Williams 5 9 6	**R L Moore 8**
10	450010	**Serengeti 33-1 (FR) (50)** M Murphy 4 9 5	**C Y Ho 5**
11	-66020	**Storm Star 14-1 (51) (D)** A M Balding 5 9 4	**Reserve 1 3**
12	-06061	**Hickory 8-1 (IRE) (14) (CD)** J A Osborne 8 9 4	**Reserve 2 4**

10 declared.

RACING RETURNS

BRIGHTON

2.30 — 1 Diomed Spirit Charles Bishop 2-1 Fav; 2 Washington Heir 5-1; 3 Recon Mission (IRE) 13-2. 7 ran. nk, 2 3/4. C Gordon. Tote Win: £3.00; Places: £1.50, £2.30; Tote Exacta: £15.70; Tote Trifecta: £65.00; CSF: £12.60;

3.00 — 1 Enamored David Probert 8-11 Fav; 2 Red Tail (IRE) 3-1; 3 Little Mester 7-2. 5 ran. 1/2, 2 1/4. E A L Dunlop. Tote Win: £1.73; Places: £1.10, £1.60; Tote Exacta: £3.00; Tote Trifecta: £4.80; CSF: £3.19;

3.30 — 1 Celebrating Ethel (IRE) Myla Coppins 3-1 JtFav; 2 Fitzmaurice (IRE) 22-1; 3 Outrace (IRE) 7-1; JtFav Myna (IRE) 3-1. 6 ran. 2 1/4, 1 1/2. A W Carroll. Tote Win: £4.00; Places: £1.90, £5.00; Tote Exacta: £60.10; Tote Trifecta: £201.10; CSF: £57.20;

4.00 — 1 Marcellinus Donagh Murphy 7-2 Fav; 2 The Quiet Gent (IRE) 4-1; 3 Tenbob Tommy 11-1. 10 ran. 2, hd. Tom Dascombe. Tote Win: £5.00; Places: £2.10, £1.90, £3.10; Tote Exacta: £23.90; Tote Trifecta: £163.30; CSF: £18.02; Tricast: £142.43;

4.30 — 1 Big Time Rascal Benoit D L Sayette 9-1; 2 Manhattan Chute (IRE) 12-1; 3 Dragon God 11-4; Fav Mart 5-2. 7 ran. 1 1/4, 3/4. S Hodgson. Tote Win: £10.40; Places: £3.30, £3.80; Tote Exacta: £91.20; Tote Trifecta: £359.80; CSF: £103.25;

5.00 — 1 Superstorm Mikkel Mortensen 5-1; 2 Pennine Way 11-4; 3 Shes Got The Blues (IRE) 7-4 Fav. 6 ran. nk, 1 1/2. C Fellowes. Tote Win: £6.20; Places: £2.40, £1.70; Tote Exacta: £18.00; Tote Trifecta: £40.30; CSF: £19.18; Placepot: £175.00; Quadpot: £96.90;

5.30 — 1 Anafah (A) (FR) D C Costello 6-4; 2 Fareedhat El Izz (A) (FR) 5-4 Fav; 3 Ghayah (A) (FR) 14-1. 5 ran. 1, 8 1/2. CSF: £3.86.

HAYDOCK

5.43 — 1 Ancestor Tom Marquand 8-15 Fav; 2 Tropical Sands 13-8; 3 Golden Caviar (IRE) 22-1. 3 ran. nk, 8. W J Haggas. Tote Win: £1.54; Tote Exacta: £1.40; Tote Trifecta: £1.60; CSF: £1.70;

6.18 — 1 Edward Sexton (IRE) Mr D H Dunsdon Evens Fav; 2 Fast Fred 5-1; 3 Arrange (IRE) 11-4. 7 ran. 2 1/4, 1/2. G & J Moore. Tote Win: £2.00; Places: £1.30, £2.40; Tote Exacta: £8.10; Tote Trifecta: £21.20; CSF: £6.88; Tricast: £10.97;

6.53 — 1 Dance A Jig H Crouch 2-1 JtFav; 2 Rotelle 10-1; 3 Casino Star (IRE) 2-1 JtFav. 5 ran. 2 1/2, 1/2. R M Beckett. Tote Win: £3.00; Places: £1.50, £3.60; Tote Exacta: £21.80; Tote Trifecta: £44.30; CSF: £21.44;

7.28 — 1 Burning Up C Lee 4-1; 2 Arthurian 6-4; 3 Skylar (GER) 14-1; Fav Golden Falcon (IRE) 11-8. 6 ran. 2 3/4, 1/2. K R Burke. Tote Win: £5.00; Places: £1.80, £1.30; Tote Exacta: £7.80; Tote Trifecta: £39.50; CSF: £10.40;

8.03 — 1 Silver Sovereign H Crouch 7-4; 2 Syndicate (IRE) 11-10 Fav; 3 Aphra Behn 13-2. 9 ran. 1/2, 2 1/4. C G Cox. Tote Win: £2.80; Places: £1.10, £1.20, £1.60; Tote Exacta: £5.20; Tote Trifecta: £13.10; CSF: £4.22;

8.38 — 1 Montezin Harry Russell 9-2; 2 Distinct Spirit 4-1; 3 Bajan Bandit 33-1; Fav Tokyo Joe 9-4. 11 ran. 1/2, 1 1/4. A Brittain. Tote Win: £5.80; Places: £1.90, £1.70, £7.40; Tote Exacta: £31.10; Tote Trifecta: £539.60; CSF: £23.33; Tricast: £549.49;.

NEWMARKET

5.27 — 1 Desert Castle Billy Loughnane 1-2 Fav; 2 Sommood 6-1; 3 Netherstream 12-1. 8 ran. 3 1/2, 1 3/4. C Appleby. Tote Win: £1.50; Places: £1.10, £1.60, £3.20; Tote Exacta: £4.80; Tote Trifecta: £25.90; CSF: £4.84;

6.02 — 1 Zarakova Oisin Murphy 6-4 Fav; 2 Lily Pink 7-2; 3 Bint Palace Pier (IRE) 7-1. 4 ran. nk, 1 3/4. A M Balding. Tote Win: £2.50; Tote Exacta: £6.80; Tote Trifecta: £17.50; CSF: £6.96;

6.37 — 1 Nabati (IRE) Billy Loughnane 2-5 Fav; 2 Tawakal (FR) 9-4; 3 Roll Up Raymond 80-1. 5 ran. hd, 5 1/2. C Appleby. Tote Win: £1.40; Places: £1.10, £1.10; Tote Exacta: £1.50; Tote Trifecta: £8.90; CSF: £1.65;

7.12 — 1 Fifty Nifty (IRE) Cieren Fallon 18-1; 2 Havana Blue 11-4 Fav; 3 Spring Bloom 3-1. 10 ran. 1/2, nk. Martin Dunne. Tote Win: £19.00; Places: £2.90, £1.40, £1.40; Tote Exacta: £52.00; Tote Trifecta: £266.90; CSF: £68.05; Tricast: £193.01;

7.47 — 1 Rogue Citation (IRE) Harry Davies 15-2; 2 Show Me Gold 22-1; 3 Albeseeingyer 5-1; Fav Areti 2-1. 7 ran. shd, 3/4. E Bethell. Tote Win: £8.50; Places: £3.40, £5.00; Tote Exacta: £98.00; Tote Trifecta: £311.40; CSF: £141.02;

8.22 — 1 Lucky Hero (IRE) Billy Loughnane 5-6 Fav; 2 Blue Noon (IRE) 9-4; 3 Shimmering Sands 10-3. 3 ran. 3, 1 1/4. D O'Meara. Tote Win: £1.84; Tote Exacta: £2.80; Tote Trifecta: £3.10; CSF: £2.98.

MUSSELBURGH

1.50 — 1 Samra Star (IRE) P Mulrennan 4-1; 2 Falcon Nine 11-4 JtFav; 3 Miners Gamble (IRE) 5-1; JtFav Gemini Man (IRE) 11-4. 7 ran. 1 1/4, 3/4. Miss L A Perratt. Tote Win: £5.00; Places: £2.30, £1.60; Tote Exacta: £16.00; Tote Trifecta: £61.80; CSF: £14.85;

2.20 — 1 Minster Man (IRE) P Mulrennan 3-1; 2 Sod Hall Lane (IRE) 20-1; 3 Faith In Florence (IRE) 6-5 Fav. 5 ran. 1 3/4, 1 3/4. R M H Cowell. Tote Win: £4.00; Places: £1.70, £5.90; Tote Exacta: £34.90; Tote Trifecta: £62.40; CSF: £45.23;

2.50 — 1 Bella Lucia William Pyle 13-2; 2 Bigalo 4-5 Fav; 3 Amantha (IRE) 4-1. 5 ran. 1 1/4, 1 1/2. G Tutty. Tote Win: £7.50; Places: £2.30, £1.20; Tote Exacta: £15.00; Tote Trifecta: £34.20; CSF: £12.63;

3.20 — 1 Jonny Concrete (IRE) Jack Nicholls 10-3; 2 Ashen (IRE) 8-1; 3 Vixey 16-1; Fav Eagle Bay 3-1. 11 ran. 1 3/4, nk. I Jardine. Tote Win: £4.50; Places: £1.70, £2.70, £3.90; Tote Exacta: £34.30; Tote Trifecta: £403.60; CSF: £30.61; Tricast: £391.88;

3.50 — 1 Tiva (IRE) D Tudhope 4-1; 2 Woohoo (IRE) 9-4; 3 Ecclefechan 33-1; Fav Montezuma 2-1. 6 ran. nk, 2 1/4. D O'Meara. Tote Win: £5.00; Places: £2.20, £1.40; Tote Exacta: £16.90; Tote Trifecta: £155.80; CSF: £13.32;

4.24 — 1 Sure And Stedfast (IRE) Greg Fairley 8-1; 2 Roc De Fer (IRE) 11-10 Fav; 3 Willow Wood (IRE) 11-2. 6 ran. 3/4, 3. Ewan Whillans. Tote Win: £9.00; Places: £2.60, £1.30; Tote Exacta: £19.40; Tote Trifecta: £47.50; CSF: £17.30; Placepot: £67.90; Quadpot: £10.20;

4.54 — 1 Monhammer P Mulrennan 6-4 Fav; 2 Keep Me Stable (IRE) 5-1; 3 Misemerald (IRE) 9-4. 5 ran. 1, 1/4. Miss L A Perratt. Tote Win: £2.50; Places: £1.40, £1.90; Tote Exacta: £10.40; Tote Trifecta: £18.70; CSF: £9.26.

THIRSK

2.10 — 1 Drish Samphire (IRE) C Horgan 50-1; 2 Golden Prosperity (IRE) 11-1; 3 Mister Sky Blue (IRE) 11-2; Fav Tarlac (IRE) 5-2. 9 ran. 1/2, hd. L A Mullaney. Tote Win: £62.90; Places: £11.10, £2.50, £1.80; Tote Exacta: £775.60; Tote Trifecta: £3,322.90; CSF: £518.67;

2.40 — 1 Prosperity Angel A Mullen 33-1; 2 My Maria (IRE) 15-8 Fav; 3 Inglewood 85-40. 11 ran. 3/4, shd. B Haslam. Tote Win: £40.50; Places: £7.20, £1.10, £1.10; Tote Exacta: £136.30. Tote Trifecta: £520.20; CSF: £73.80;

3.10 — 1 Bymiddaytomorrow (IRE) Ashley Lewis 11-8 Fav; 2 Love Tanya (IRE) 11-4; 3 Gerry's Darling 11-4. 6 ran. hd, 3 3/4. E Walker. Tote Win: £2.40; Places: £1.40, £1.50; Tote Exacta: £6.50; Tote Trifecta: £13.70; CSF: £5.54;

3.40 — 1 Azuinthejungle Alex Jary 9-4 JtFav; 2 Vince L'Amour (IRE) 10-1; 3 Qila 12-1; JtFav Military Girl (IRE) 9-4. 6 ran. 1/2, hd. N Tinkler. Tote Win: £3.25; Places: £1.60, £4.00; Tote Exacta: £20.30; Tote Trifecta: £129.50; CSF: £23.84;

4.10 — 1 Master Vintner (IRE) Edward Greatrex 3-1; 2 Golden West 14-1; 3 Majestic (IRE) 7-2; Fav Sudu 2-1. 6 ran. 2 1/4, 3/4. R M Beckett. Tote Win: £4.00; Places: £2.00, £4.70; Tote Exacta: £32.40; Tote Trifecta: £106.70; CSF: £39.86;

4.40 — 1 Great Profit (IRE) Barry McHugh 7-2 Fav; 2 Yellow Diamonds (IRE) 7-1; 3 Lope Y Linda 6-1. 10 ran. 2 1/4, nk. W G Harrison. Tote Win: £4.50; Places: £1.60, £2.20, £1.80; Tote Exacta: £30.40; Tote Trifecta: £151.40; CSF: £28.30; Tricast: £146.73.

City not impressed by Barca's Rodri offer

Manchester City have rejected Barcelona's £38.5 million opening bid for key man Rodri, the Press Association understands. The 30-year-old only has a season remaining on his deal at the Etihad Stadium and has been strongly linked with a return to Spain. Real Madrid had hoped to sign Rodri but Barca have moved ahead in the race for his signature, although their opening bid was rejected out of hand by City. City are believed to have been unimpressed by the first bid and unless there is a significantly improved offer, things will not progress.

SPORT BRIEFS

TENNIS

Top seed Joe Miller (University of Stirling) defeated Rubislaw's Jake Leyni in straight sets to reach the men's singles semi-finals at the North East Open Championships, being played this week at Cults, where he will face the unseeded Henry Archibald (Elgin), who got the better of Stonehaven's Daniel Tibbetts, the fifth seed, the score being 6-4 6-1.

In the bottom half of the draw, the host club's Ben Currie will meet Ben Soutar (ATC), who ended the challenges of Aarav Iyer Chadalawada (Henderlend) and Cheuk Yin Yuen (Cults) respectively.

The boys 12 and under singles final will feature Giffnock's Oscar Cook, who beat clubmate Krishiv Patnaik and Harrison Fox (Newlands), who was made to work by Cameron Cobban (Bellfield Park), the score being 7-6 (3) 7-6(5).

GOLF

ROYAL TARLAIR. Ladies' 4-day open tournament – Days 1 and 2 (players from home club unless otherwise stated). Duff House Royal (DHR), Greenburn (G), Harburn (H), Old Course Ranford Rosehearty (R), West Lothian (WL). Division 1 – M Gardner (WL) 74 72 146; K McGann (DHR) 73 76 149; L Gibb (WL) 68 83 151; D McKay (DHR) 76 76 152; A Kennedy (H) 75 78 153; L Walker (WL) 76 79, M Shanks 75 80, L Gordon (R) 76 79 155; G Scott (WL) 77 79 156; J Bryans (H) 77 78, E Burns 82 78 160; H S Hunter (WL) 79 83, D Balfour (WL) 79 83 162; S Ross (R) 79 84 163; D Sharp (DHR) 81 83, R Topping 78 86 164; J Wood 85 82 167; J Fraser (WL) 81 87 168; M Laidler(H) 79 90 169; S Smith (WL)90 81 171; C Mclaren(G) 92 86 178; - Division 2 - H Fleming(OCR) 97 103 200; A Leitch (H) 101 106 207; S Fleming (OCR) 98 110 208; A Topping (DHR) 99 110 209; J Thomson (R) 112 107 219; C Ritchie (DHR) 110 119 229; M Robertson (R) 117 116 233; V Allan (R) 119 119 238; J Buchan (M) 111 129 240; L Thomas 123 135 258; D Taylor (R) 136 123, W Smith (R) 127 132 259;P Hepburn 126 138 264; - Stableford Consolation - S Smith (WL) 20.3 (21) 38; J Wood 20.4 (21) 35; L Thomas (36.0 (37) 32; A Stokes (H) 14.2 (14) 29; M Laidler (H) 15.3 (16) 28; J Fraser (WL) 24.5 (25) 26; A Morton (C) 21,7 (22) 25; C Ritchie (DHR) 26.6 (28), P Hepburn (R) 36.0 (37) 19; C Mclaren (G) 24.4 (25) 18; W Smith (R) 35.9 (37), H Lemmon (C) 36.0 (37) 17; - Moira Hogg Scoresheet Thursday - V Allen L Thomas 108 (36) 72; L Gibb D Sharp 84 (10.4) 73.6; D Balfour S Smith 96 (21) 75; M Shanks L Walker 86 (10) 76; J Wood Julie Fraser 101 (22.6) 78.4; A Stokes M Laidler 95 (14.8) 80.2; G Scott H Hunter 96 (14.8) 81.2; R Topping P Hepburn 110 (27) 83; A Morton M Absalom 104 (20 8) 83.2; S Fleming A Leitch 114 (28.2) 83.8; J Thomson J Buchan 118 (31) 87; H Lemon S Skilling 118 (27.6), M Robertson W Smith 124 (33.6) 90.4; - High H/cap - H Fleming beat V Allan 7/6; A Leitch beat M Robertson 2/1; A Topping beat J Thomson 2/1; S Fleming beat J Buchan 1up; H Fleming beat A Leitch 2up; A Topping beat S Fleming 5/3; H Fleming beat A Topping 2/1; H Fleming (OCR) wins H/igh H/cap Section; - Low H/cap - D Sharp beat E Burns 2/1; L Gordon beat R Topping 3/2; S Ross beat D Balfour 5/4; D McKay beat H Hunter 1 up; L Gordon beat S Ross 3/1; Winner of Low H/cap L Gordon (R); - Scratch Final - M Gardner (WL) beat M Shanks (WL) 6/5; K McGann (DHR) beat A Kennedy (H) 4/2; L Walker (WL) beat J Bryans (H) 9&7; L Gibb (WL) beat G Scott (WL) 7/5; M Gardner beat K McGann 7/6; J Bryans beat L Gibb 6/5; M Gardner beat J Bryans 5/3; Scratch Winner M Gardner.

SOLUTIONS

The Big Press and Journal Saturday General Knowledge Crossword

ACROSS: 8 Cannellini beans **11** Contralto **15** Sentimental **16** Smetana **17** Heep **18** Battlestar Galactica **19** Khloe **21** Lay reader **22** Lubbock **28** Double eagle **30** Leeward **34** Devil **35** Urban **36** Unforgiven **39** Flying fish **40** Esher **41** Flynn **44** Elliott **45** Clog dancing **49** Solanum **50** Serotonin **57** ZZ Top **58** For Whom The Bell Tolls **60** Alec **61** Le Monde **62** Orthography **63** Earpieces **64** Lose one's deposit

DOWN: 1 Mars Bar **2** Claire Danes **3** Libertarian **4** Listeria **5** Tea leaves **6** Romance **7** Bathsheba **9** Ninety **10** Nassau **12** Toad **13** The Voice **14** Dept Q **20** Murders **23** Corelli **24** O Briain **25** Blanche **26** Demurral **27** Daffy **29** Laughton **31** WB Yeats **32** Pimlico **33** Tennant **37** Igneous **38** Viola **42** PG Wodehouse **43** Capillaries **46** Godzilla **47** Baroscope **48** Beethoven **51** Overtone **52** Gormley **53** Swing **54** Soweto **55** Pompeo **56** Illyria **59** Elle

SPORT ON TELEVISION

FOOTBALL: Carabao Cup, Colchester v Southampton – Sky Sports Football and Sky Sports Main Event 5pm.
CRICKET: The Women's Hundred, MI London v Trent Rockets – Sky Sports Cricket 10.45am, Sky Sports Main Event 11am, Southern Brave v Manchester Super Giants – Sky Sports Mix 2.30pm; The Men's Hundred, MI London v Trent Rockets – Sky Sports Cricket 2pm, Southern Brave v Manchester Super Giants – Sky Sports Cricket 5.30pm.
CYCLING: Tour de France Women stage eight – TNT Sports 1 2.30pm.
GOLF: Ladies European Tour, The PIF London Championship – Sky Sports Golf 1pm; PGA Tour, The Wyndham Championship – Sky Sports Golf 5pm.
HORSE RACING: Ascot, Haydock and Newmarket – ITV regions 1.10pm.
RUGBY LEAGUE: Super League, Huddersfield v Catalans – Sky Sports Plus 2pm, Wigan v Toulouse – Sky Sports Plus 5.30pm, Bradford v Warrington – Sky Sports Plus 6.30pm.
SNOOKER: Chinese Open – TNT Sports 1 7am.
TENNIS: Canadian Open – Sky Sports Tennis 5.30pm and Sky Sports Main Event 12am (Sun).

Tomorrow

FOOTBALL: Scottish Premiership, Kilmarnock v Celtic – Sky Sports Football and Sky Sports Main Event 12.30pm, Rangers v Hibernian – Premier Sports 1 4pm; Carabao Cup, Mansfield v Sheffield United – Sky Sports Football and Sky Sports Main Event 3.45pm.
CRICKET: The Women's Hundred, Sunrisers Leeds v Welsh Fire – Sky Sports Cricket 10.45am, London Spirit v Birmingham Phoenix – BBC Two England 2.15pm, Sky Sports Mix and Sky Sports Plus 2.30pm; The Men's Hundred, Sunrisers Leeds v Welsh Fire – Sky Sports Cricket 2pm, London Spirit v Birmingham Phoenix – Sky Sports Cricket 5.30pm, BBC Two England 6pm, Sky Sports Main Event 6.30pm.
TENNIS: Canadian Open – Sky Sports Tennis 5.30pm and Sky Sports Main Event 12am (Mon).
GOLF: Ladies European Tour, The PIF London Championship – Sky Sports Golf 1pm; LIV Golf, Round 11 – TNT Sports 2 3.30pm; PGA Tour, The Wyndham Championship – Sky Sports Golf 5pm, Sky Sports Main Event 9pm.
SNOOKER: Chinese Open – TNT Sports 1 7am.
CYCLING: Tour de France Women stage nine – TNT Sports 1 2.45pm.

FOOTBALL FIXTURES

PLAYED LAST NIGHT
Scottish Championship
Partick Thistle 2 Livingston 0.
TODAY'S FIXTURES (3pm unless stated)
Scottish Premiership
Dundee v Aberdeen
St Mirren v St Johnstone
Scottish Championship
Arbroath v Inverness CT
Dunfermline Athletic v Ayr United
Queen's Park v Raith Rovers
Stenhousemuir v Greenock Morton
Scottish League One
Airdrieonians v East Kilbride
East Fife v Cove Rangers
Hamilton Academical v Alloa Athletic
Queen of the South v Peterhead
Ross County v Montrose
Scottish League Two
Dumbarton v Clyde
Elgin City v Forfar Athletic
Kelty Hearts v Stirling Albion
Stranraer v Annan Athletic
The Spartans v Edinburgh City
Highland League
Banks O' Dee v Strathspey Thistle
Buckie Thistle v Brora Rangers
Formartine United v Huntly
Forres Mechanics v Fraserburgh
Invergordon v Deveronvale
Inverurie Loco Works v Nairn County
Keith v Lossiemouth
Rothes v Clachnacuddin
Wick Academy v Turriff United
TOMORROW'S FIXTURES
Scottish Premiership
Kilmarnock v Celtic (1.30pm)
Heart of Midlothian v Dundee United
Motherwell v Falkirk
Rangers v Hibernian (4pm).

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McCreath hits 112 in Scots' nine-run win over Canada

UPS AND DOWNS: Scotland's Brandon McMullen was bowled out against Canada by an unplayable delivery, but contributed well as a bowler with a quickfire double breakthrough to put Scotland on top.

BY WILLIE DICK

Fabulous Fin McCreath's first ODI century last night helped Scotland secure their place at next year's World Cup Qualifier with a thrilling nine-run victory over Canada.

McCreath's brilliant 112 powered the Saltires to 281-7 in their WC League 2 clash at Forthill, Broughty Ferry, before the bowlers completed the job in a topsy-turvy second innings.

The Canadians appeared to be cruising to their target after racing to 130-2.

However, Brandon McMullen made a quickfire double breakthrough to put the home side on top.

McMullen had top-scorer Yuvraj Samra well caught by Matthew Cross for 78 before producing a gem of a delivery to bowl Harsh Thaker.

An 84-run stand for the eighth wicket put Canada back in contention, but a debut wicket from Zainullah Ihsan and a brilliant catch by George Munsey clinched victory in the final over.

Man of the match McCreath said: "It was pretty tricky at the start and they bowled really well, but my role was to bat through and I got good support from the other guys.

"I like batting as long as possible – it suits my game to grind it out.

"I thought we then closed the game out really well at the end."

McCreath held the Scottish innings together after Canada elected to bowl first in helpful conditions.

The Grange man watched fellow-opener Munsey depart for a second-ball duck before McMullen and Richie Berrington were both bowled by unplayable deliveries.

It left the Saltires wobbling on 83-3 with their three best batters all gone.

However, McCreath found more sustained support from Michael Jones, the pair adding 70 before Lancashire star Jones miscued and was caught at point for 36.

McCreath, though, dug in for the long haul, gradually finding his touch after a sticky opening spell.

He went on to reach 112 from 140 deliveries, hitting nine boundaries and two maximums before falling in the deep as he tried to up the tempo.

It was left to Safyaan Sharif to press the accelerator with a hard-hitting cameo that delivered 22 crucial runs from only eight balls, the veteran all-rounder sending one of his two maximums sailing out of the ground.

Scotland, who face UAE tomorrow, have moved within two points of table-topping USA, but have played two games more.

Moeen Ali has worked with Stephen Fleming.

'Old school' Fleming a great appointment by England – Moeen

Former England all-rounder Moeen Ali has backed incoming head coach Stephen Fleming to bring some "old school" methods back to the Test team.

Moeen played under the New Zealander for four seasons at Chennai Super Kings, winning two India Premier League titles, and also worked with him at CSK's sister franchise in Johannesburg.

Few English players know Fleming better and Moeen, who had a brief taste of Brendon McCullum's regime in the 2023 Ashes, is confident that Fleming is well suited to red-ball cricket despite an 18-year stint on the T20 franchise circuit.

"It's a great appointment, I think it's the right time for him and for England too," Moeen told the Press Association. "He's got a nice demeanour, he's brilliant at communicating and he's a lot more old school than Baz (McCullum), who was a free spirit kind of coach.

"Flem is very different, he's more intense than people see but he's good at controlling his emotions.

"Even though he's been a good T20 coach, he knows Test cricket and won over a hundred caps, you never forget those things.

"He's a manager-style coach, someone who gets people in the right frame of mind."

Moeen, who became the first English player to win the IPL under Fleming's guidance in 2021, added: "He was always very clear with how he wanted me to play.

"That clarity was probably the reason I had such a year.

"Even when we had a bad season he was extremely calm; he's someone who takes the pressure off players and takes it on himself."

Speaking after the appointment was announced, managing director Rob Key insisted English cricket was "incredibly lucky" to attract Fleming, but Moeen suggested it was a two-way street.

"The opportunity is too good to turn down, it's still an amazing job to have," he said.

"This is still one of the biggest jobs in the world and at some stage he would have wanted to have a crack at it."

> "He's a manager-style coach, someone who gets people in the right frame of mind

Itauma playing down Tyson comparison as he eyes world title bid

BY GEORGE SESSIONS

British heavyweight sensation Moses Itauma has acknowledged he is not always comfortable under the bright lights, but is ready to come through a "long night" with Filip Hrgovic and embrace destiny.

Itauma can become the second youngest world heavyweight champion of all time behind Mike Tyson on August 29 when the IBF crown is on the line at the O2 Arena, but experienced Croatian operator Hrgovic stands in the way.

The 21-year-old from Chatham in Kent was described as the hottest prospect in boxing by Queensberry promoter Frank Warren this week. While Itauma is not entirely comfortable with stardom, he is ready to make history after it was announced on Tuesday he would fight for the vacant IBF belt.

"I didn't really have no reaction. I was like 'If I'm fighting Hrgovic and I've got the opportunity for it to be for a world title? Yeah, chuck a world title on the line,' I didn't really have a feeling," Itauma told British media on a Zoom call yesterday.

"I was taking Hrgovic serious and now that the fight is for a world title, I am still taking it serious. It is still the same fight.

"I just had an interview with BBC and they asked me what is the one thing that people don't know about Moses Itauma? And I said 'I don't actually want to be under the bright lights but with the way I am going, it looks like I ain't got no choice.'

"I appreciate the compliment from Frank Warren. Do I agree? I feel like I am still developing the character, the person and the fighter I want to be like a lot of people up there have.

"It is hard to ignore Jaron Ennis, Shakur Stevenson, they are all still young so I wouldn't be able to say I could outshine them if that makes sense."

That type of modest attitude from Itauma has helped marry up incredible talent with an elite work ethic and earned him a world title shot in his 15th professional fight.

A string of devastating knock-outs have earned comparisons to American great Tyson, but Teddy Atlas, the old trainer of "Iron Mike", believes Itauma is even better at this age than his old fighter.

"Teddy Atlas said that yeah? To be honest I am pretty sure Teddy Atlas put a gun to Mike Tyson's head before no? I just think he doesn't like Mike Tyson and is finding a way to dim his light," Itauma smiled.

"Look, I don't know, Teddy Atlas saying that, I do appreciate it.

"Tyson has had his career and I am still making my career. Of course I set out the goal to become the youngest heavyweight world champion. I didn't achieve it but I landed the Dillian Whyte fight so it is step by step. What do they say? You shoot for the stars and land on the moon."

Itauma first dreamed of becoming world heavyweight champion aged 16 or 17 but is under no illusions about the type of test Hrgovic will provide.

He said: "Of course he's a very good fighter. He's only had one defeat and he only lost because of the cut. He's solid. I'm in for a long night but I'll be all right.

"I took the necessary steps to get to this position. If I had fought Mariusz Wach into Filip Hrgovic, I might have found out or learned a couple of things which I might have not been ready for whereas right now I feel I am in a good space."

MODEST: Moses Itauma has kept his feet well on the ground despite a string of devastating knockouts in recent fights.

England opening dilemma after Gay injury KO

England opener Emilio Gay suffered an injury scare yesterday, retiring hurt with a shoulder injury while batting for Durham.

Gay, who made his Test debut earlier this summer and has held his place in the squad to face Pakistan later this month, was lining up against Middlesex in a Metro Bank One-Day Cup clash at Chester-le-Street when he was forced from the field.

The left-hander appeared to be feeling some discomfort in his right shoulder and the issue came to a head when he stroked Toby Roland-Jones for four past mid-on, immediately clutching the joint before signalling for the physio.

Gay, who hit an unbeaten century in his previous innings against Lancashire, continued to wince in pain and eventually departed for the pavilion on nine not out seeking further assessment by the club's medical staff.

There is no specialist opening cover in the 16-strong England squad that was named this week, with the returning Ollie Pope included as the spare batter. He spent the majority of the last four years at number three before being dropped after the Ashes, but was recalled in the first squad since Brendon McCullum was sacked as red-ball coach.

Dan Lawrence, who was also brought back to bat at number six following the retirement of Ben Stokes, has previously batted for England in an unfamiliar role at the top of the order but is unlikely to do so again.

One alternative would see Jordan Cox shuffled up from three. He has at least got meaningful experience against the new ball, having frequently opened for his former county Kent.

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Paul Lawrie is in contention for title after 69.

Links experience key for Lawrie as he chases leaders

Scots golfer Paul Lawrie maintained his impressive record at the Staysure PGA Seniors Championship yesterday when he fired a second round 69.

The former Open champion defied the extremely testing conditions and used his experience of playing links golf in all sorts of conditions to great effect.

Years of practising keeping his ball flight low into the wind paid off for the 57-year-old Aberdonian when he signed for a three-under-par second round at Trump International's New Course.

Lawrie began birdie-bogey before settling into a rhythm and produced three more birdies at the fourth, 15th and the last to move into contention at halfway.

After finishing runner-up and joint ninth in the two previous stagings of the event, the eight-time European Tour winner must quietly fancy his chances of adding to his haul of honours, especially if conditions remain similar over the weekend.

Six shots off the pace after a level par opening 72, Lawrie closed to within three of the lead after 36 holes.

Now he is aiming to go one better than his second place in the inaugural tournament two years ago when he lost out to Englishman Robert Coles by a shot.

Fellow Aberdonian Greig Hutcheon also remains firmly in the hunt after posting a level par 72 to share fourth spot.

Hutcheon also used local knowledge and his extensive experience of links golf to his advantage in his bid to land what would be the biggest win of the 53-year-old's career.

Another Scot, David Drysdale posted notice of his intent when the 51-year-old from Cockburnspath in Berwickshire carded 73 to sit on the leader's coat tails, also two shots off the pace despite dropping to four-under.

It was a remarkable performance in the circumstances, given that Drysdale had to play through the pain barrier because of a bad back.

He revealed: "I had a little twinge in my back on Sunday in Portugal and didn't hit a golf ball until I walked up here yesterday having not played the course.

"I had a lot of physiotherapy on Tuesday and Wednesday, so I had no expectations. Maybe that's the way to do it.

"The guys in physio did a great job and once you get walking it's actually not too bad. But I was still a little bit surprised, to be honest.

"I played nicely on Thursday and hit a lot of good shots and holed a few putts while today was a little bit scrappy. But, overall, I am pleased to be in a decent position."

Springboks handle the elements at Balmedie

BY JIM BLACK

A trio of South Africans took command of the Staysure PGA Senior Championship yesterday when high winds battered the New Course at Trump International links on the plush Mennie Estate at Balmedie, north of Aberdeen.

Keith Horne replaced compatriot Darren Fichardt at the top of the leaderboard in the £855,000 event, but the joint first round leader remains poised to strike today in joint second with another Springbok.

Hennie Otto defied the conditions to sign for a 67 to join Fichardt in the top three spots after serving up a masterclass on how to play links golf in the wind.

Otto, who qualified for the senior circuit when he turned 50 in June, reeled off six birdies including opening and closing gains and gave back only one shot, at the seventh.

But the South African strike force will be looking over their shoulders today with five players within three shots of the leader.

Fichardt, who lost to American Bo Van Pet in a sudden-death play-off 12 months after damaging his wrist in regulation play, was the only one of the trio to shoot over par when he dropped to five-under as the result of a 73.

With Horne in pole position on six-under after a level par 72, the way remains open for any one of a number of challengers to take over his mantle.

Scots pair Greig Hutcheon and David Drysdale are only two shots off the pace following rounds of 72 and 73 respectively moved them into a tie for fourth with Ryder Cup hero Jamie Donaldson of Wales and Sweden's Johan Edfors.

Donaldson, who struck the winning shot for Europe at Gleneagles 12 years ago, carded a 70 while Edfors, a former Scottish Open champion, had a 69.

Local hero Paul Lawrie is also very much in the mix, courtesy of 69 that leaves him three shots back, one ahead of another major champion, New Zealander Michael Campbell, winner of the 2005 US Open.

Campbell, who shared the three-way lead with Fichardt and Horne after day one, suffered a setback when he was forced to settle for a four-over 76 but remains a contender in joint 13th on two-under.

With only four shots to make up on the leader, Campbell will also take inspiration from fellow Kiwi Ryan Fox following his Open triumph barely three weeks ago.

Meanwhile, Horne reflected that he was forced to batten down the hatches and adopt survival mode to avoid being blown off course in the blustery conditions.

He said: "Today was a bit of a struggle compared to yesterday, but I played very well and managed to keep out of trouble.

"The wind was hard off the left for all of the first nine except for maybe one hole so it was just a case of surviving.

"There were very few birdie chances, just lots of long putts after long putts and it was about trying to make pars which was extremely difficult.

"The first nine holes in particular were extremely tough because of the cold and strong winds. But then the wind seemed to die down sort of on the back

SURVIVAL MODE: Joint leader Keith Horne had to batten down the hatches at Balmedie, while former major winner Michael Campbell, below, is four shots off the lead.

LIV Golf star Ian Poulter.

'Amazing news' – LIV Golf star

Ian Poulter has welcomed the news that LIV Golf has found an investor to potentially take the league into 2027 and beyond.

In an announcement on Wednesday, LIV CEO Scott O'Neil confirmed that the league had found an unnamed investor.

"LIV Golf has an agreement in place with a lead investor, signed by the investor and approved by the board, to anchor the transaction and play a key role in supporting the path forward for the League's next era, driven by and for the players," he said in a statement.

"We're also seeing strong interest from more than a dozen additional parties to potentially serve as minority investors, creating a multi-partner model built for long-term stability and growth."

He added: "Notably, our next chapter will make our players the majority equity holders in LIV Golf, a first for a major global sports league, and gives the League the foundation to

nine and my putter kept me in it.

"I didn't make a lot, but I didn't miss any of the putts I needed to make. But there were very few birdie chances besides the two par 5s coming in, and my plan was not to make too many mistakes and take advantage of these."

Horne's plan worked to perfection when he picked up shots at the par-5 15th and 18th to cancel out an opening bogey and another at the seventh.

He described the manner of his birdie at the 15th as the highlight of his round and a key moment in his bid to cling onto the lead.

"I hit a really good hybrid into the 15th on a downslope to about 20 feet and I was really chuffed with that shot after aiming left of the green with the wind hard off the left," he added.

Defending champion Van Pelt suffered a similar fate to Campbell and his 76 pushed him further down the pecking order on five-over.

Tournament host Colin Montgomerie posted a 74 to sit inside the top 30 on two-over after missing the cut 12 months ago.

Poulter welcomes potential new investor

keep growing the game worldwide.

"We anticipate finalizing terms in the coming weeks, intending to enter a transaction in September."

One of the players in question who will have a majority equity opportunity is Poulter, who acts as co-captain of the Majesticks alongside his team-mate Lee Westwood.

After kicking off his week at LIV New York with a five-under-par 66 in round one, the Englishman was quizzed on the investment update from earlier in the week.

"Look, it's amazing news," Poulter said.

"Two weeks ago, we didn't have it there. Right now it's right there in place. I think it's exceptional someone believes in the product.

"There's going to be a lot of options for a lot of guys to have it go forward.

"It's extremely exciting, and the hours that people have worked to find that funding, I respect them for all those hours that they've been trying. It's amazing news."

While O'Neil failed to name the investor, a report from Bloomberg has claimed that a credit arm of BC Partners in the United States is leading an investment group looking to "lend money to LIV Golf".

Lando Norris, left, with team-mate Oscar Piastri.

McLaren chief hails 'harmony' of star drivers

McLaren boss Andrea Stella is pleased Lando Norris and Oscar Piastri have remained a harmonious pairing in the wake of last season's title scrap and has not yet given up hope of the British driver being able to defend his crown.

Norris ultimately triumphed over his team-mate in a season-long battle – which also involved Red Bull's Max Verstappen – to clinch a maiden world title, after Piastri had held a 34-point lead with nine races remaining.

There were a number of flashpoints and moments of contention in the title run-in, with McLaren's "papaya rules" put to the test in a bid to ensure a level playing field between their title protagonists.

McLaren have not been able to match their form of recent seasons under the sport's new regulations for 2026, as Mercedes have led the way from Ferrari.

But Stella has heaped praise on the performance of his drivers and is particularly happy to see peace remains, which he admits was not certain on Piastri's side of the garage.

"It wasn't a given that, after last year – when they found themselves battling for the world title right up to the final race – the harmony they'd built would remain intact: yet not only has this not changed, but the relationship between them and with the team has actually become even stronger," team principal Stella said in a McLaren Q&A.

"And whilst this might, in a sense, have been expected of Lando – given that he was ultimately the one to become champion – it was not quite so predictable for Oscar, who, instead, has relied even more heavily on the team to accelerate his development, both on and off the track."

Mercedes have nailed the 2026 rules to give Italian teenager Kimi Antonelli the platform to claim six victories and hold a 50-point lead over Lewis Hamilton, with his team-mate George Russell nine points further back.

Norris sits fifth, a hefty 91 points off the lead, but he did pick up a first win of the season in Hungary before the current summer break as McLaren showed signs of progress.

Stella is determined to continue that upward trajectory and will not yet give up hope of defending both drivers' and constructors' championships.

"If we can continue the season as we did in Budapest, I think we can still achieve a great deal," he added.

"To do so, we must keep pushing with the development and ensure we outpace our rivals – who certainly aren't standing still.

"There are plenty of opportunities given that 546 points are up for grabs. "

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Injury crisis deepens in Hearts defence

Hearts' defensive issues are in danger of worsening ahead of tomorrow's visit from Dundee United after Wouter Vrancken indicated Harry Milne went off with an injury niggle in Thursday's 6-1 Europa League defeat away to Benfica.

Left-back Milne and midfielder Laurent Mendy were both replaced at half-time in Lisbon, with the Jambos trailing 3-0.

"It was because they felt something," said head coach Vrancken, addressing the substitutions. "We will see in the next days. I do not think it is too serious, but we will see."

The absence of Milne for the Premiership clash with United would be a particular blow as the Jambos, who have lost all four of their competitive games under Vrancken this term, are already down to the bare bones defensively.

If the 29-year-old, who wore the captain's armband against Benfica, is not ready, Vrancken will have to improvise at left-back as his deputy, Stephen Kingsley, is out with a hamstring injury.

Jamie McCart, who has filled in at left-back, is likely to be required at left centre-back as Stuart Findlay is suspended following his red card in last weekend's defeat at Aberdeen.

Club captain Craig Halkett, new right-sided centre-back Malachi Fagan-Walcott and right-back Christian Borchgrevink are all out injured, leading to midfielder Oisin McEntee starting the last two matches in central defence.

Hearts are threadbare all across the backline, with right-back Jordi Altena, McCart and unproven 20-year-old centre-back MJ Kamson-Kamara the only other bona fide defenders available to Vrancken should Milne fail to make it.

O'Neill still to decide when he will return for Celtic matches

BY RONNIE ESPLIN

Shaun Maloney revealed that Celtic manager Martin O'Neill is out of hospital and in "good form".

The Parkhead club announced on Wednesday the 74-year-old Northern Irishman had undergone a "small procedure".

O'Neill's assistant Maloney gave an upbeat prognosis ahead of tomorrow's Premiership clash with Kilmarnock at Rugby Park although it is not yet certain if the Hoops boss will be in the dugout for that.

Maloney said: "I went to see him. He got out of hospital (on Wednesday).

"He was in good form last night, loads better than he was Monday, Tuesday. Hopefully those sort of positive feelings continue.

"No timeline (to return). So even for the game at the weekend, it's sort of day to day.

"We saw him last night, with regards to the preparation for the game and so he wasn't in today.

"I'll speak to him this (Friday) afternoon and then he'll make a call for tomorrow and then I'd imagine he'll make the call for the game at the weekend.

"If it's this weekend, great, if it isn't, we'll prepare for it without him."

O'Neill, who had a highly successful period as Celtic boss between 2000 and 2005, signed a one-year deal in June to become manager again after two interim spells last season ended in a Premiership and Scottish Cup double.

> "The impact he has had since October has been nothng short of incredible

Maloney, who confirmed Portuguese winger Jota was back in training after recovering from an ACL injury that has kept him out since April 2025, contemplated the possibility of O'Neill missing the trip to Ayrshire.

He said: "We'll definitely miss him if he's not there but you also have to respect what's happened in the last few days.

"The impact that he's had since October has been nothing short of incredible, the things that he does with the players and the staff, so we will miss him but we'll be prepared.

"We'll let him make the call."

Celtic are reportedly interested in bringing in Real Oviedo winger Haissem Hassan, having put in an initial offer of around £6million, with add-ons taking the deal closer to £10 million.

"Not too sure," said former Celtic striker Maloney.

"The way the processes around the club this summer (have worked), it's generally been always Martin and Michael Nicholson (chief executive officer).

"I don't see anything changing in the squad for this weekend. I know you guys saw Jota training but apart from him being unavailable, everyone else is fit.

"Transfers, no, I don't see anything changing. I don't see any ins or anything like that for this weekend and all the rest has generally been for Martin and Michael.

"I think over the next couple of days if anything changes, or they ask some of us to have a bit more responsibility, we're absolutely ready to do that but at the minute, Martin is still all over that."

On Jota's long-awaited return, Maloney said: "It's really positive for us. We're all excited to get him back.

"Today was the first day, he had a full session in terms of doing every drill, but some of that was unopposed so he's still not in full contact.

"So it's still a matter of weeks. He has still a bit to go but it is really positive."

MANAGEMENT TEAM:

St Mirren gaffer Craig McLeish.

Buddies boss McLeish hopes to keep

St Mirren boss Craig McLeish will not allow himself to worry about the possibility of losing burgeoning midfielder Killian Phillips this summer.

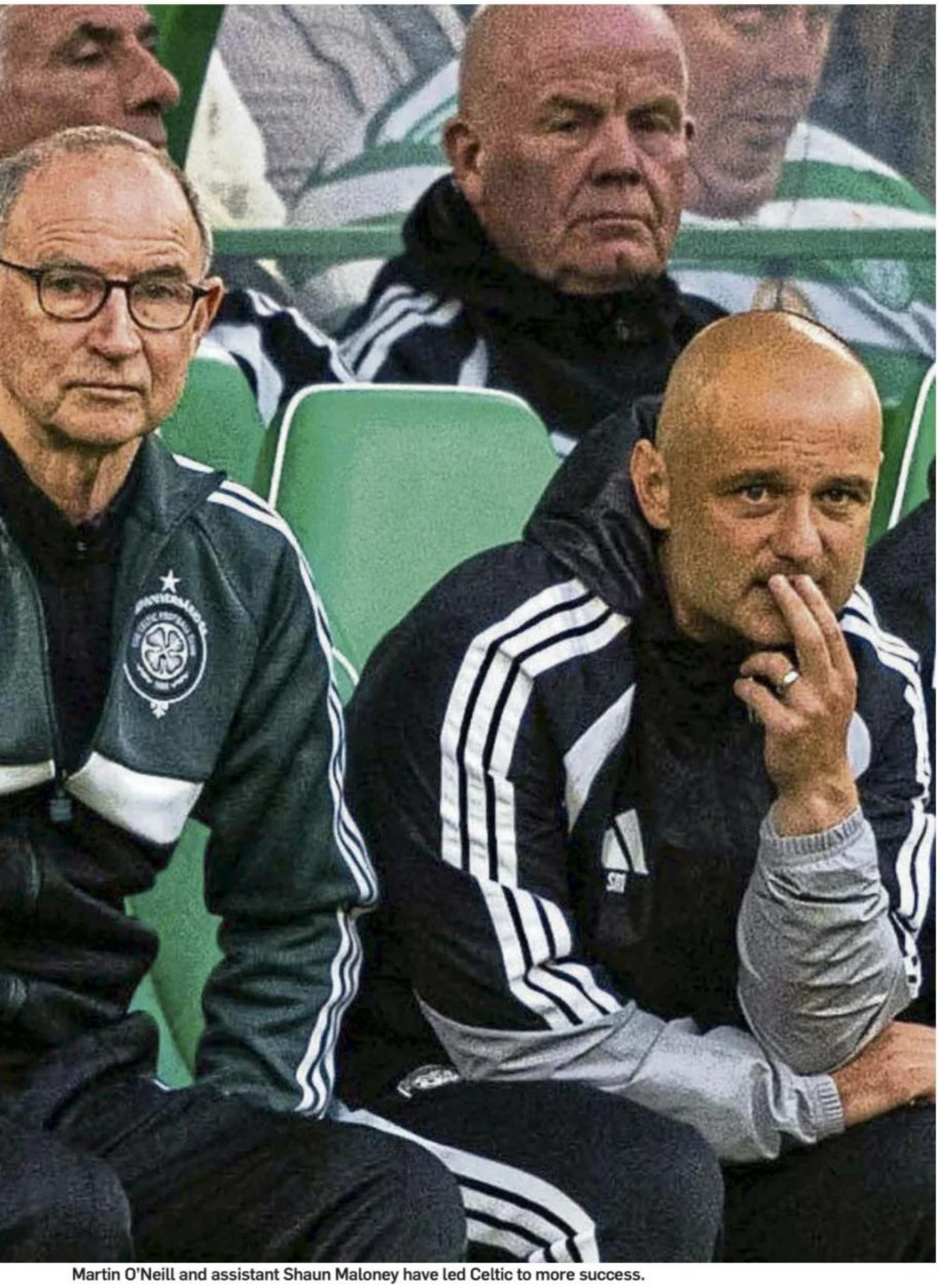
The 24-year-old's two goals in last weekend's 2-0 win at Falkirk heightened speculation around the Irish international.

McLeish said: "If he keeps playing like that, we know there's going to be interest. And we know he's probably at the stage of his career now that he's looking for his next step.

"If that comes now, then fine, great for Killian. And if we get him for the next six months or for this full season, then we're delighted with that."

Former players Stevie Mallan and Dylan Reid are still training with the club but McLeish said he is no closer to signing them or other targets.

He added: "Our squad is quite big at the moment so it's trying to make sure we make really good decisions



Martin O'Neill and assistant Shaun Maloney have led Celtic to more success.

McCrorie concedes quick fix is needed for winless Rangers

Ross McCrorie admits Rangers have to quickly sort out the problems that have left them without a win in their first two games of the season.

After a 1-1 draw in their opening William Hill Premiership fixture against Dundee United at Tannadice a week ago, the Light Blues fell short in the first leg of their Europa League third-round qualifier against Jagiellonia Bialystok in Poland on Thursday night.

In Derek McInnes's second competitive game as Gers boss, the Light Blues took the lead after four minutes through an own goal by Guilherme Montoia.

However, poor defending again from Rangers proved costly as a double from Kajetan Szmyt gave the Poles a lead to take to Ibrox next Thursday, where the home side will be under pressure to turn the tie around.

Ahead of the visit of Hibernian to Ibrox in the league tomorrow, 28-year-old utility player McCrorie said: "We were a bit open at times and we never locked it up.

"So when we were attacking, we should have had the box locked up — we didn't and they got a counter-attack.

"We should never be in that position where we have got those recovery runs.

"We should have boys in the positions to get back and that's something we need to work on as a team.

"We need to rectify it quickly because games are coming thick and fast.

"And we need to tidy it up now with those little mistakes because we haven't quite got the defence right.

"The progress will come, no doubt. As a whole new team, that's no excuse. We need to start winning.

"We've got this game coming up agaist Hibs at the weekend now.

"The games are coming thick and fast. But we've got a talented group now. We just need to fine-tune a few things and it will get us ticking and we'll get the rhythm going."

Johansson steeled for a big night in Europe

Alfred Johansson believes Motherwell should be "really confident" about their prospects of going on to secure a Conference League play-off against German side Freiburg.

The Steelmen maintained their strong start to the season with a creditable 1-1 draw away to HJK Helsinki in the first leg of their third qualifying round tie on Thursday.

"We knew we needed to have a solid performance," said the Well boss, whose side host Falkirk tomorrow. "In an away game in Europe, you need to be able to do that, and we showed we could.

"And then that gives us a situation where we need to be really confident for the home game where we will play at Fir Park in front of our people with all the energy that's going on right now.

"We just have so much to look forward to."

Swede Johansson is revelling in the "amazing" connection between his team and their supporters, with 550 of them having journeyed to Finland.

"For so many people to travel at the end of the vacation time, with kids starting school, buying tickets to come to Helsinki, where the hotel is not cheap, to make that priority because you're so passionate to see us play, all that energy that they are creating in the stands transmits to us in the dugout and to the players on the pitch," said Johansson.

"It's an energy that helps us to perform better and it makes us feel so proud and so happy to be able to celebrate with them when we score a goal.

"It's massive for us and I'm so proud to be a part of that."

Phillips but ready to cope if Ireland star leaves

(regarding) the last couple we're trying to get.

"Because our squad is busy, the ones we bring in have to really make a difference."

McLeish said St Mirren's "relentless" performance against Falkirk has provided the template for what he expects from his players.

He said: "We've had a really good start and the most pleasing bit was a good performance as well.

"That's the level and the standards they've set in terms of their attitude, their effort, and their running."

St Johnstone boss Simo Valakari has paid tribute to the Buddies ahead of today's unlikely all-Saints top-of-the-table showdown in Paisley.

Valakari, whose side marked their top flight return with a 4-3 home win over Kilmarnock to sit second on goals scored, believes St Mirren look equipped to thrive under McLeish.

"I've been very impressed," he said. "They had a very difficult last season and survived through the play-offs.

"I really like what they are trying to do. They have brought in good footballers but they still have the old DNA of St Mirren, that they are very, very tough.

"They have Premiership experience there."

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FIRE IN THEIR BELLIES: Wick Academy boss Gary Manson saw his team thrashed 8-0 by Brora Rangers in midweek.

Scorries without 11 for Turra clash

BY CALLUM LAW

Wick Academy are without 11 players for their clash with Turriff United – but boss Gary Manson has challenged the Scorries to atone for their heavy midweek defeat.

Academy were thumped 8-0 on Wednesday night by Brora Rangers ahead of today's encounter with Turra at Harmsworth Park.

Goalkeeper Lewis Gallacher returns this afternoon, but Alan Hughes, Ryan Campbell, Joe Anderson, Jack Henry, Brandon Sinclair, James Mackintosh, Innes Mackintosh, David Allan, Marc MacGregor, Kyle Henderson and Louis Hancock are sidelined.

Wick have yet to score or pick up a point from their first three Breedon Highland League fixtures.

Manager Manson said: "Right now there are a lot of guys unavailable, but we have still got a good level of player on the park and there are no excuses from my perspective.

"With the guys we've got available we need to try to get the best out of them.

"We're running with a bigger squad this season to try to cope better with absences and we're certainly needing to utilise that just now given the players that are missing.

"There should be some fire in their bellies to give a better account of themselves after what happened against Brora."

Turriff have amassed seven points out of nine so far this season.

Manager Greg Moir believes United are punching above their weight, but hopes they can continue to do so.

He said: "We've probably exceeded expectations so far given that we've played two so-called title challengers in Clach and Formartine, plus our local rivals Deveronvale.

"I'm delighted with the start we've made and at the moment I feel we're punching above our weight.

"Hopefully we can keep the good start we've had going and build momentum. The boys have done really well so far and they deserve a lot of credit.

"However, Wick will be hurting after their result on Wednesday, so in some respects it may be the worst time to play them."

Elsewhere, Lossiemouth will bid to maintain their 100% record when they face Keith at Kynoch Park.

The Maroons are without Ryan Spink and Michael Ironside, while the Coasters welcome back Brodie Mitchell from suspension and have loaned Saul Phimister to Lossiemouth United.

Forres Mechanics host Fraserburgh at Mosset Park in a meeting of two unbeaten sides.

Kaiden Connolly is out for the Can-Cans, while Kieran Simpson, Ross Aitken, Sean Butcher, Joe Barbour, Fraser Stewart and Dylan Robertson are absent for the Broch.

Kane Winton, Daniel Hoban and Jevan Anderson are out of Banks o' Dee's Spain Park clash with Strathspey Thistle.

Formartine United are minus Jack Brown, Marc Lawrence, Rory McAllister, Matthew Cooper, Scott Ross, Aaron Norris and Rhys Thomas for Huntly's visit to North Lodge Park.

Kacper Lewecki, Angus Grant and James Connelly are out for the Black and Golds.

Inverurie Locos welcome Nairn County to Harlaw Park. Greg Mitchell, Jay Halliday, Max Foster and Paul Campbell are missing for the Railwaymen.

The Wee County are without Dale Wood, Ben Kelly, Paul Brindle and Finn As-Chainey.

Rothes v Clachnacuddin at Mackessack Park was postponed last night following the sudden death of Rothes vice-chairman Jeffrey Dhillon.

Ali Sutherland missed most of last season with injury.

Cattachs ace believes there's more to come after long period out

Ali Sutherland reckons he can still get better, despite helping Brora Rangers make a flawless start in the Breedon Highland League.

Two of the three teams with 100% records meet at Victoria Park this afternoon as Buckie Thistle host the champions.

Midfielder Sutherland has featured in all three of Brora's league matches thus far after missing almost all of last term due to a cruciate ligament injury that required surgery.

The 29-year-old said: "I've enjoyed being back playing regularly at the start of this season.

"I'm not quite as fit as I'd like to be yet and I don't think I'm quite back to the level I was at before I got injured.

"It's only 11 months since my surgery, so I managed to get back quite quickly.

"I feel confident and I feel I'm playing OK, but I still think I can get better and hopefully that will come in the next few weeks.

"But I'm getting there and I'm enjoying being back, so long may that continue."

Meanwhile, Marcus Goodall wants Buckie to showcase their talent by getting the better of Brora to continue their perfect start.

The Jags finished eighth last season, but Goodall and his team-mates are eager to show they can be higher than that this term.

The 24-year-old utility player, who is currently being used at wing-back, said: "It's been a good start for us but a start is all that it is, we're not getting too hyper about it.

"The belief within our changing room is that on our day we can beat anyone. Consistency was something we struggled with last season and we need to try to find that this season.

"I think we've shown we've got ability in our dressing room. As long as the effort and grit is there I think we can beat the top teams.

"There's really good experience, character and quality in our squad and hopefully we can show that against Brora."

Buckie have also added to their squad this week by securing striker Brett Findlay on a two-year contract.

The former Banchory St Ternan and Bridge of Don Thistle man has most recently been playing for Canadian side Guelph United in the Ontario Premier League.

After Buckie secured international clearance, Findlay featured as a sub in Wednesday's win against Strathspey Thistle and boss Lewis MacKinnon said: "Brett got in touch with the club and said he was returning home having been in Canada.

"He was keen for an opportunity so we invited him to training and he's shown up really well, so it's good to bring him in."

Hartley still aims to bolster squad

BY PAUL THIRD
AND PAUL CHALK

Cove Rangers boss Paul Hartley believes he is three or four players short as he bids to strengthen his squad.

The Cove boss is looking to add to his defence and bolster his forward line, but hopes he can strengthen his squad ahead of three away games in the next seven days.

Hartley said: "We're still a wee bit short on numbers.

"We've got three away games in a week and if we can get one or two more players in during the next week, that would be ideal.

"We're short and I still think we need another defender in, possibly two. I still think we're a frontman short too.

"We're three or four short of where we need to be."

Hartley's need to strengthen his backline comes after Dylan Ross, who is with Cove as part of their co-operation agreement with Aberdeen, was ruled out for the next couple of weeks with a quad injury.

"Dylan picked up the injury training with Aberdeen last week just after the Dunfermline game.

"The full-back area was one where we were short last year. Victor Enem has come in, and we've got Layton Bisland and Ryan Harrington there.

"Dylan will be missing a few weeks which is a blow, but we just need people to step up."

Cove begin their three-game run of away matches with today's trip to East Fife and Hartley hopes his side can build on a hard-earned point in their goalless draw against Airdrie on the opening day of the League One campaign.

MISSING OUT: Cove Rangers loanee Dylan Ross is out injured for a few weeks.

He said: "We wanted to get off the mark as our starts for the last few seasons haven't been great, but I felt really good about the game on Saturday. We merited that point.

"Now it's about trying to build on that.

"You know what you're going to get against East Fife; they're well organised and hard to play against."

Elgin boss Stefan Laird will welcome two former Black and Whites managers to Borough Briggs.

Elgin gaffer prepared for 'aggressive' Loons

Stefan Laird is urging his early-season League Two table-toppers Elgin City to raise their game against Forfar Athletic.

Last weekend, on the opening day of the league campaign, the Moray team were 5-0 victors at Edinburgh City, the first such away win since Elgin hit five goals without reply at Montrose almost a decade ago.

Today, City host a Forfar team managed by former Black and Whites boss Jim Weir and Gavin Price, who also bossed the Borough Briggs club.

Laird, who took over the City hot seat in May, hopes that their recruitment and preparation will stand them in good stead for facing the Loons.

He said: "Forfar present a totally different challenge to Edinburgh City.

"Forfar's pressing is aggressive. They cut off a lot of the pitch, with the nature of their shape.

"They are excellent at picking up second balls, they get numbers and bodies into the box and get the ball forward quickly.

"Forfar are extremely robust and physically experienced. That's something we didn't deal with too well last year.

"We have worked on that a lot during pre-season and in the Premier Sports Cup.

"We've tried to recruit to put us in a better position to compete in these types of matches.

"As a coaching team, it will be a good day for us regardless of the result because we will get to learn a bit more about our group and see where we are on day two of the league season."

Stalwart Brian Cameron is sidelined with pain stemming from a fluid sac underneath his hip.

Defender Evan Towler, who dislocated a shoulder in pre-season against Airdrie, should be in today's squad, and captain Russell Dingwall has recovered from a foot injury.

Striker search continues, but Brown insists Blue Toon are shaping up well

Peterhead captain Jason Brown insists patience will pay off for his club as they bid to pick up their first points of the League One campaign.

The Blue Toon started the new league season with a 1-0 defeat by Ross County at Balmoor Stadium last weekend, but Brown insists his side have cause for optimism following a strong display despite the absence of key players.

The defender said: "Since we've come back for pre-season, we've not played a number nine.

"The managers are still looking in the market and they're being patient, but with Mitch Megginson still catching up with fitness, we've not really played with a recognised striker.

"Despite that we've been competitive and created chances in the games we've played.

"We've still got a lot of boys to come back. Peter Pawlett and Andy McCarthy have played 400 to 500 games while Cieran Dunne, who has been out for almost a year, is nearing a return and having him will be like having a new signing."

Peterhead make the long trip to Dumfries to play Queen of the South at Palmerston Park today.

With Queens having suffered a 5-1 defeat at East Kilbride in their opening game, Brown is expecting to face a wounded animal in Nicky Clark's side.

He said: "We all know how much East Kilbride will be a force in the league this year, so the result wasn't too much of a shock, but the scoreline did surprise me.

"Queen of the South will want to get off to a good start at home and put last week behind them, but we'll take the positives from last week and build on the performance against Ross County but hopefully with a better outcome."

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Caledonian Stadium is returning winger Sole's special place

Liam Sole.

Winger Liam Sole has praised Caley Thistle boss Scott Kellacher for making players feel wanted within a club with a family feeling.

The 26-year-old, who spent last season on loan from Livingston, joined Inverness permanently this summer after leaving the Lions.

The Englishman, who moved to Scotland from Maidstone in June 2024, played his part in ICT overcoming a five-point deduction to win the League One title in May.

Sole played 43 times and scored six goals in what was his most fruitful period as a professional.

Livi were relegated from the Premiership to join Inverness in this year's Championship, and released Sole in May. He only had eyes for Inverness when he knew the chance to return to ICT was an option.

He said: "I was really keen to return. I had a great time here last season. It was a special season – my first time winning a league as well.

"The gaffer and (assistant manager) Billy Mckay were massive factors in me wanting to return, as well as all the boys. I enjoy and get the freedom to go and play my game. It was an easy decision to come back after I spoke to the gaffer.

"The gaffer is huge for me. Aside from football, he is brilliant. He takes time and gets to know you as a person. That's massive, because you're not just a player, you're a person as well.

"The group here is another factor. In some changing rooms there are cliques, but nothing like that here. Everyone is like one big family. It's a family club, including the way it is run upstairs. I also like the freedom I have when I play, as well as the style of play. We try to pass, to move the ball."

Sole further explained how strong bonds within the squad make for a positive atmosphere at Inverness. He said: "When you feel wanted, that is another massive factor. You really feel like you can play a part.

"It's not just the 11 who go out on a Saturday. It's the players on the bench, or even players who are injured. Everyone still feels a part of it. Some places you might feel pushed out a bit. It's not like that here.

"The camaraderie and bonds we have with one another is a special one."

Inverness impressed on the opening day of the season as only an inspired performance from Dunfermline keeper Aston Oxborough made the difference in a 0-0 draw last week.

Having not lost in 19 league games, stretching back to December, Inverness are on the longest unbeaten run in Scotland. Today, they travel to Arbroath, who played well despite a 2-0 defeat at Ayr United last weekend.

Sole is confident, however, that goals will soon start to flow, and added: "We scored a lot of goals last season. It's a different league, but that's not to say we can't do it again. With the amount of chances we created against Dunfermline, had we put them away, the game would have been out of sight in the first half.

"We work on finishing a lot in training. We have scorers in this team.

"Ryan Duncan is a great striker of the ball. Alfie Bavidge scored 20 goals last season (in all competitions). Luis Longstaff has a great shot on him, and Alfie Stewart – as we saw against St Johnstone (in the League Cup last month) – can score from anywhere.

"We have lots of scoring options and everyone can chip in. I am sure it will come together."

ICT's record scorer retires from playing to focus fully on coaching

BY PAUL CHALK

Caley Thistle's record scorer and assistant manager Billy Mckay has retired from playing to focus on coaching.

The Inverness star, 37, has scored a club record 132 goals, which is 31 goals more than legendary ICT marksman Dennis Wyness, who is second on the all-time list.

After winning the League One title in May, following a 15-goal contribution, the former Northern Ireland international, who hails from Corby in Northamptonshire, hinted he would consider switching his full focus to coaching alongside boss Scott Kellacher.

Mckay, who is in his third period with the Caley Jags, was first signed by then manager Terry Butcher in 2011.

He moved to Wigan Athletic in 2015, missing out on ICT's Scottish Cup triumph that summer, and a frustrating spell led to loan stints at Dundee United, Oldham Athletic and a return to Caley Thistle.

In the summer of 2017, Mckay was back in the Highlands when he joined Ross County, who were a Premiership side.

He spent four fruitful years in Dingwall, scoring 41 goals in 126 outings, winning the Championship title and Challenge Cup with the Staggies in 2018-2019.

Mckay rejoined Inverness in June 2021 when signed by boss Billy Dodds and he's netted 66 goals since then, with the League One title triumph last season topping his achievements with the club.

Speaking to club media, Mckay said: "It's obvious to fans that I have not taken part in pre-season or any of the other games so far.

"At the end of last season, I had a decision to make over what kind of route I would go down.

"Would I continue what I've been doing for the last 18 months (playing and being assistant manager) or do I want to take a step back?

"With us moving up a division and everything getting a bit harder, I have to be a lot more focused and put more detail into the coaching side of things.

"So I've decided, with the backing of the manager, that I'll do a lot more on the coaching side and take a back seat from the playing role.

"I am still registered as a player.

"However, being honest, I don't see myself playing this season, barring an injury crisis.

"I am really enjoying the coaching side.

"It was always at the back of my mind that, come the end of last season if we were successful, which we were, I would take a step back and focus on being assistant manager."

Mckay was pitched into the number two role in 2024 when – in the midst of Inverness being in administration – newly-installed manager Kellacher asked him to take on the combined roles.

He said: "You could not have really been thrown into a much deeper end, so I have had a lot of learning experiences along the way.

"It has been brilliant as we've hit every target so far, staving off relegation in League One with a 15-point deduction and then winning the league last season (with a five-point penalty).

"It has been good. There have been some hard times in there, too, times when you question yourself.

"However, it's all part of the learning process.

"I have learned a lot over the last 18 months, which I will take with me over the rest of my coaching career.

"The manager has been brilliant for me. I have learned a lot from him.

"I have really enjoyed it, and it was a no-brainer for me to take this step back and focus on coaching and trying to help the lads in a different way."

Kellacher outlined just how big a role Mckay plays as his assistant.

He said: "Billy really wants to help as much as he can on the coaching side of it.

"He's a brilliant assistant manager. The way he sees the game and the way he is with the boys, he is a very good coach.

"His main role will be assistant manager.

"If we were to get two or three strikers injured, I might have to throw him on. It's hurting him at the minute. I can see that he's itching to get involved, but I love him to bits.

"He has been absolutely excellent for me in terms of being a shoulder to lean on, and taking things off my shoulders without me even knowing."

GOAL MACHINE GIVES UP:

Mckay suffered four straight relegations as a player with Wigan Athletic, Dundee United, Inverness and Ross County from 2015 to 2018.

Kellacher said with a smile the record-breaker has used that as motivation to help achieve what ICT have set out to do in the past two years – survive in League One after a 15-point penalty, then win the title earlier this year.

He added: "He's the only guy in history to have four relegations in a row!

"He was conscious of that and, to be fair, he used that in team talks towards the end of the season.

"Even the year before, you could see the role he played with a goal against Arbroath when we stayed up.

"He has been superb, and scored goals at every single level.

"You don't appreciate how good he is until he's not out there any more."

Caley Jags' top goalscorer Billy Mckay has retired from playing to take on the assistant manager's role at the club.

A fresh-faced Billy Mckay with Inverness CT in 2011.

Mckay with boss Scott Kellacher in the technical area.

MacKay signs again for Caley Thistle and happy to be 'home'

Winger Daniel MacKay has rejoined Caley Thistle on a short-term contract.

The Inverness academy graduate, 25, was most recently with Partick Thistle, with a series of injury setbacks keeping him out of competitive action for two years.

However, he has impressed as a triallist for Inverness and manager Scott Kellacher has agreed terms with the player, who signed his first professional deal with ICT in May 2018.

He had already made an impact by scoring his first senior goal against Peterhead in the Challenge Cup in October 2017 to become the club's youngest-ever goalscorer.

MacKay joined Hibernian in May 2021 for an undisclosed fee and spent the second half of the 2021-2022 season on loan at Kilmarnock, helping the Ayrshire side secure the Scottish Championship title.

He returned to Caley Thistle on loan during the 2022-23 campaign, making 40 appearances and scoring five goals, including his strike against Celtic in the Scottish Cup final.

In total, he has made 97 appearances for the club, scoring 17 goals. MacKay is pleased to be back in Inverness colours.

He said: "I'm delighted. Thanks to the gaffer, Billy Mckay and (chief executive) Charlie Christie for inviting me in for pre-season and allowing me to train with the boys with the possibility of earning a deal with the club.

"Thankfully, we've now come to the conclusion that I was able to get a deal, so I'm delighted to get it done and be back home."

Ever-present Emslie keen to make impact

Winger Adam Emslie is relishing playing alongside Brian Graham at Ross County.

The former Aberdeen player, 21, has been an ever-present in Stuart Kettlewell's team in the Premier Sports Cup and in Saturday's opening day 1-0 win at Peterhead.

A season-long loan stint at Cove Rangers put plenty of minutes into his legs and his form in the Granite City was noted by Kettlewell as County tumbled out of the Championship.

Whatever division the Dingwall side were going to be in, Emslie was part of Kettlewell's plan.

Evergreen striker Graham, now 38, returned to County from Falkirk in May and he has already scored six times – including the winner against Peterhead.

Ahead of hosting Montrose in the league today, Emslie knows any decent cross into the box spells danger for County's opponents.

When asked about the scoring prowess of Graham, Emslie said: "It feels like every time you put the ball in the box something is going to happen.

"As long as we keep doing that, we have a good chance of keeping on scoring goals.

"We know it wasn't our best performance at Peterhead, but we got three points and a clean sheet.

"As long as we win, everyone is happy."

Kettlewell followed Tony Docherty, who replaced Don Cowie as Ross County manager last term.

Emslie was focused on always putting himself in the frame to make an impact in Dingwall this season.

He added: "I just had the attitude to come back here and just fight for my place.

"It was a bit stop-start last year for County (with managerial changes), but it seems like everything has been put in place now.

"Hopefully we can just build on it."

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Keen Cadden drove to sign for Reds still in Hibernian tracksuit

Right-back Chris Cadden has revealed he was so keen to sign for Aberdeen he drove to the Granite City through the night straight after playing in a European game – still in his Hibs tracksuit.

In a frantic 48-hour period, Cadden featured as a substitute in Hibs' 4-1 win against Kosovo's Malisheva at Easter Road last Thursday. Hibs overturned a 2-0 first leg deficit in the Uefa Conference League second qualifying round to progress to the next round.

Straight after the match, Cadden said his farewells to his Hibs team-mates before driving to Aberdeen, arriving in the city at 2am. He underwent his medical and signed a two-year deal for an undisclosed fee on the Friday morning.

Boss Stephen Robinson then pitched the full-back straight into the starting line-up for the 2-1 Premiership opening-day win against Hearts 24 hours later.

Cadden, 29, said: "It was madness. I played the last half-hour for Hibs in Europe, then drove up to Aberdeen after the game. We were keen to get it done ASAP.

"I drove up to Aberdeen and I got to the hotel at 2am and checked in, still in my Hibs trackie. Then I had my medical on Friday morning, trained on Friday, then started against Hearts the next day.

"Looking back on it now, I'm pretty glad that's the way it went because it didn't really give me any time to think.

"I knew I was leaving, but just went into that game (Hibs Euro tie) determined I was not going to change anything.

"I'm not good enough to turn it off and on and when I cross that white line I give my best.

"Transfer or not, that was the club I was playing for at that very moment and I was always going to give 100%.

"So it couldn't have gone any better signing off at Hibs with a win to get them through to the next round – then starting with Aberdeen by beating Hearts. This is a massive football club that expects success and I hope I can help bring that."

Cadden spent five and a half years at Hibs, racking up almost 170 appearances. He previously played under Robinson at Motherwell, featuring more than 100 games for the Steelmen.

Capped twice by Scotland, Cadden has played in the American MLS with Columbus Crew and in England with Oxford United.

Robinson was a key factor in the full-back switching to Pittodrie.

He said: "Part of the reason I wanted to come so much was the manager as I had worked with him before. He was desperate for me to come up. And he showed that straight away by putting me straight in to the team.

"I didn't need him to sell me on Aberdeen because it's a big club. But knowing I would be playing under Stephen Robinson was a big factor. I knew how successful we were at Motherwell where I enjoyed the football – and he has done very well since then."

While playing for Robinson at Motherwell. the right-back featured in the League Cup and Scottish Cup finals in the 2017-18 season. They lost both to Celtic at Hampden. Eight years on from that cup final double-header, Cadden believes Aberdeen fans will see him hit his prime.

He said: "This feels like a fresh start and there was a real pull with Aberdeen. It feels like the perfect fit for me at this stage in my career."

Chris Cadden.

Dons gaffer looking for 'icing on the cake' now in loan market

From Back Page

Sweden international winger Jesper Karlsson, signed for around £10m by Bologna, arrived on loan at Pittodrie from the Italian club last summer.

Midfielder Dennis Geiger was secured on loan from German Bundesliga club Hoffenheim in January until the end of the season.

Asked if a loan offers him the chance to secure a player beyond Aberdeen's financial scope for a permanent deal, Robinson said: "Of course, there are players who would be way, way out of our league.

"They usually come up at the last minute.

"We've got a chairman (Dave Cormack) and board that, if things do come up at the last minute, they back every manager at Aberdeen brilliantly.

"So that's something we're looking at.

"The recruitment guys and Lutz are looking at all that as well.

"And if something comes up last minute that we feel is better than any permanent we can sign or we couldn't afford it on a permanent then, of course, that would be an option for us.

"However, I'm not massive on loan options because I want a full commitment to the football club.

"So in an ideal world it would be permanent deals."

The addition of 12 new signings has not been balanced with a similar amount exiting Pittodrie during the summer window.

Robinson revealed there has been "lots of interest" in Aberdeen players who are not part of his long-term plans, although no exit is imminent.

Robinson said: "There will be some outs and Lutz has been dealing with that very, very well.

"Lots of interest, but nothing at this moment that's concrete.

"We know we need to get the squad down to a manageable level.

"And we're always wanting (player) ins, but nothing is imminent at the moment."

One high-profile player who could be heading for the Pittodrie exit is Scottish Cup-winning keeper Dimitar Mitov.

The Bulgarian cap is understood to be attracting interest from clubs in Germany, Austria, Denmark and Cyprus.

Mitov has lost the number one jersey to recent signing Marius Muller with the German starting the last four games since arriving at Pittodrie.

> "Lots of interest, but nothing at this moment that's concrete

Keeper Mitov is currently in the final year of his contract, which includes the option to extend it by a further 12 months.

Robinson said: "Dimi is a very good goalkeeper, so it is no surprise that there's interest in him.

"We haven't had anything concrete yet.

"So, at this moment in time he remains an Aberdeen player."

Robinson's new-look Aberdeen will bid to continue a winning start to the season when facing Dundee away today.

Moroccan international striker Ayoub Mouloua will be fit to face Dundee despite suffering a head gash in the 2-1 win against Hearts and the summer signing needed five stitches.

The 23-year-old, signed from FUS Rabat, did not feature in the midweek bounce game against Inverness Caley Thistle as a precaution.

Robinson said: "Ayoub is OK, surprisingly, and trained fully on Monday.

"He didn't take part in the bounce game because he had stitches and we were just a wee bit worried about them coming out.

"It was five stitches and his eye bust open.

"He's trained fully and has no ill-effects. He's a strong boy."

Midfielders Brad Lyons and Connor Ronan, both summer signings who started against Hearts, will be given fitness tests ahead of the Dundee clash. Centre-back Mats Knoester returned to full training this week having been sidelined since suffering a broken bone in his kneecap in the final game of last season and the Dutch defender will not face Dundee.

Defenders Kristers Tobers and Emmanuel Gyamfi are out injured, as is midfielder Ante Palaversa.

Robinson said: "There are some knocks and bruises and a couple of players will be tested – Brad and Connor.

"So we'll know a little

ADDING THE EXTRAS: Dons

boss Stephen Robinson will look at all signing options.

more after that. Mats has started training again, and trained fully yesterday.

"But he won't be involved against Dundee because it's too soon after one day's training session.

"But it'll be good to have him back and available in a couple of weeks' time after we get some practice games under his belt."

Aberdeen will be backed by a huge travelling Red Army more than 4,000-strong at Dens Park.

The initial allocation of 3,000 for the Bob Shankly Stand sold out, prompting the release of additional seating for Dons fans in the Main Stand.

Robinson said: "It will be a tough game, but we are taking down a big crowd.

"Dundee were very good against Celtic (1-1 draw) and are really well organised and well coached."

Richard Gordon

Plenty of mayhem and some madness

The new SPFL season got off to a brilliant start with a weekend packed full of twists and turns, drama and controversy.

Unimaginably, St Johnstone and Kilmarnock produced the best entertainment, the Perth side edging a seven-goal thriller, while Rangers dropped early points and Celtic eked out a victory over Dundee.

Partick Thistle, Livingston and Ayr United – three sides with genuine promotion ambitions – all opened with Championship victories. Hamilton and new boys East Kilbride each scored five in League One, with title favourites Ross County securing a narrow success at Peterhead.

In League Two, The Spartans, two behind with six minutes left at Annan, rallied to win 4-2, while Elgin City kicked off in spectacular fashion, hammering Edinburgh City 5-0 in the capital.

Aside from all that, the Dons started well enough against Hearts, but faded somewhat after the visitors took the lead and, with the game all but finished, it seemed certain they would have to settle for an opening-day defeat.

Cue five minutes of utter mayhem and madness!

Stuart Armstrong swung in a free-kick, Dan Happe displayed real strength and determination to win a header, and Lewis Mayo bundled in the equaliser.

Hearts fans would later claim online there had been a handball, and produced "evidence" to back that up, none of which was in any way conclusive.

With Pittodrie energised, and Hearts losing discipline and defensive shape, Toyosi Olusanya slipped in behind and Stuart Findlay brought him crashing to the ground. An appeal over the red card issued by referee David Dickinson was rejected by the Scottish FA a few days later, understandably so, as, despite the Tynecastle club's suggestion, the defender made no serious attempt to play the ball – his focus was on stopping Olusanya.

Aberdeen's Alexander Briedl jumps on the back of Kevin Nisbet to celebrate his penalty winner against Hearts.

After a considerable delay, and much dissent, new Aberdeen captain Kevin Nisbet stepped up to score with confidence and accuracy, maintaining his blistering start to the campaign.

Overall, there was plenty to enjoy about the evening, particularly the dramatic conclusion, but Stephen Robinson will be well aware of the improvements still required.

For large parts of the game, the Dons failed to threaten, and he will want his team to be more dangerous in attack and ruthless in the penalty area but, given the manager is trying to bed in a dozen players, and to decide on his best starting 11, it is understandable the team has yet to fully ignite.

What is clear is that Stephen has pulled together a squad with depth and quality, and it seems certain the substitutes bench will be key to potential success in the coming months.

The next two weeks brings a Dundee double-header, and this afternoon's trip to Dens Park will be another early measure as to where Aberdeen are right now.

A sixth straight win to kick off 2026-27 would be a major plus, offering momentum ahead of what is a demanding run of fixtures.

WORLD OF FOOTBALL HAS FINALLY WOKEN UP TO INFANTINO

I made my feelings about Fifa president Gianni Infantino quite clear in this column a fortnight ago.

At that stage, there seemed little or no doubt that he would next year be re-elected, probably unopposed, to serve another term, a prospect that alarmed and disappointed me.

But how that situation has changed in recent days, and it is no surprise that his potential downfall can be attributed to one thing – greed.

Without the knowledge of his executive, Infantino, with the assistance it seems of Donald Trump's extended family, was pushing ahead with a project to essentially sell off part of the World Cup's commercial operations.

When the news broke, Uefa was first to speak out, threatening to withdraw its 55 member associations from future tournaments.

Concacaf came next, with the Asian Football Confederation offering its support and, as the criticism grew, Infantino was forced to withdraw his plan.

There have since been calls for him to step down, with nations and associations making it clear they will not support his re-election.

Fifa has supported Infantino, for now.

However, I hope the world of football has woken up to the damage this man has done to our game, and will end his time at the pinnacle of the sport.

Sport
The Press and Journal
Saturday, August 8, 2026

A bit of chaos on the opening day proves intriguing

Richard Gordon: P75

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ON RED ALERT: While Stephen Robinson prefers permanent deals, the Aberdeen manager is keeping his options open this summer.

Dons boss open to loan market

BY SEAN WALLACE

Aberdeen boss Stephen Robinson has confirmed he is open to raiding the loan market to bolster his attacking options before the transfer window closes.

Robinson has already secured 12 players this summer in an extensive squad overhaul, with all the signings penning permanent contracts.

The Reds gaffer prefers permanent deals as it signifies "full commitment" to the club by the player on a long-term basis, but he confirmed sporting director Lutz Pfannenstiel and head of recruitment Darren Mowbray are also looking at potential loan deals.

Robinson says any loan move would likely be done late in the transfer window, which closes at 5pm on September 3. The Reds gaffer reckons a loan deal could offer a route to landing a player who would be beyond Aberdeen's financial reach to sign permanently.

Any loan deal would add the "icing on the cake" to an already extensive summer squad overhaul.

Asked if loan signings are something he will look at this summer, Robinson said: "Yes, maybe as just the icing on the cake. If they're better than what we can sign permanently, then of course.

"You might get a winger or a forward player or a position that you need at the last minute."

Aberdeen have secured loan deals in recent transfer windows to land players they would not be able to afford to sign on permanent contracts.

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Cove gaffer three or four players short for campaign

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Lawrie stays in contention at Trump International

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Scots secure World Cup qualifier place after Canada victory: Page 64

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Farming

Camaraderie in the Cairngorms

Community pulls together in face of ferocious Glenmore and Strath Nethy wildfire

Scotland's red meat sector worth £4.2m

Beef, lamb and pork supports around 40,000 jobs – p5

Yields notably down after earliest harvest

Dry spell sees earliest combining since records began in 2006 – p7

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Farming events
If you are organising a meeting, event or show,then let us know the date, time and venue and we will include the details in the Diary. e-mail: farming@pressandjournal.co.uk

Diary dates

AUGUST 8 – Aberfeldy Show, Keith Show, Tarland Show and Orkney Show
AUGUST 13 – Grantown Show
AUGUST 22 – Lochaber Show

BIGGEST BLAZE: More than 8,000 acres have been impacted in the Cairngorms wildfire. Picture by Jason Hedges.

'Delay muirburn plan for rethink on impact'

The Scottish Government must engage with rural Scotland and reconsider its muirburn licensing scheme after a second summer of devastating wildfires.

That was the message from Scottish Conservative rural affairs and environment spokesman Finlay Carson this week, who says the scheme remains not fit for purpose.

It comes as more than 8,000 acres have been impacted in the recent wildfire in the Cairngorms – the largest fire perimeter ever recorded inside the national park boundary.

According to data from the European Wildfire Index, the blaze, which began on July 15, has been mapped at 3,346 hectares or 8,268 acres by the EU's satellite fire-mapping programme.

Data also shows that the recent wildfire is out of season, as across the last decade, 99.6% of the Highland region's burned area occurred by the end of June. The nine Julys before this one produced 168 hectares in total.

With the latest fire causing huge devastation in the local community and the operation to control the fire still ongoing three weeks later, heads are now turning towards the scheme which comes into play on September 15.

Mr Carson said: "The recent devastating wildfires in the Cairngorms have brought the SNP's muirburn licensing scheme back into sharp focus."

He added: "And the reality is that it remains not fit for purpose.

"Ministers have had ample time to deliver a licensing scheme that fully considered the needs of those who will have to tackle an increasing number of wildfires in the coming years.

"But arrogant SNP ministers have ploughed ahead regardless, thinking they know best.

"With this scheme set to be imposed in a matter of weeks, SNP ministers must once again hit the pause button on this flawed plan and engage further with those in rural Scotland who will be impacted by this legislation."

At Turriff Show on Monday, First Minister John Swinney met with the press at the show's new business hub where wildfire devastation quickly came up. Mr Swinney admitted that a "thoughtful debate" was needed to discuss land use and management to address the greater risk Scotland now faces from wildfires.

He was questioned on whether more livestock on hills could help reduce wildfires and whether the Scottish Government would help encourage this with the correct support given to producers.

Mr Swinney said: "This is where we get into tricky territory because it is about individual land management decisions that are made on individual areas of land.

"The Scottish Government generally doesn't prescribe that approach.

"We need to force a debate about these questions because some of the work that has had to be undertaken by a variety of stakeholders to create firebreaks to contain the fire are measures or interventions that had to be taken to deal with the problem once it was started.

"We need to reflect openly and dispassionately to work out how we can minimise this happening in the future."

NFU Scotland is also calling for a further delay to the introduction of the scheme to ensure it does not undermine wildfire prevention.

The union says active land management must be central to Scotland's wildfire response.

But it says it is concerned that the introduction of the new muirburn licensing regime would create unnecessary barriers at a time when effective vegetation management is more important than ever.

Debbie Playfair, chairwoman of the environment and land use committee at NFUS, said: "Wildfire prevention starts long before the first emergency call is made.

"The people managing these landscapes every day need the right tools, support and flexibility to reduce risk.

"Responsible muirburn, carried out by skilled practitioners in appropriate conditions, remains one of the most effective tools available to manage vegetation and reduce fuel loads.

"We are asking the Scottish Government to delay the introduction of the licensing regime to ensure it is practical, proportionate and does not unintentionally increase wildfire risk.

"Given the recent devastation of the fires, we do not believe now is the time to increase barriers to active prevention."

The organisation is calling for a comprehensive Wildfire Resilience Strategy that recognises the role of active land management and provides targeted support for measures such as upland livestock grazing, firebreak maintenance, vegetation management, access routes and water points.

NFUS is urging the Scottish Government to:

- Delay the introduction of the new muirburn licensing regime to allow further consideration of its practical impacts on wildfire prevention and land management.
- Ensure future agricultural support recognises the role of active upland management in delivering public benefits.
- Work collaboratively with farmers and crofters, land managers and wildfire experts to develop practical, evidence-led approaches to reducing wildfire risk.

Historic show for victorious Spences

BY KATRINA MACARTHUR

CHAMP: Charles Copland with his inter-breed sheep winner, lamb Orkney Lady Gaga.

History was made at Orkney's Dounby Show with the Spences from Norton in Dounby continuing their recent dominance in the cattle lines with a fifth straight inter-breed victory.

The family scooped two breed championships and two reserve breed championships on the day.

Taking the top prize for a second year in a row was Dounby Venus – a two year-old in-calf Charolais heifer by Fury Leader and out of Dounby Nancy.

This is a bloodline which has been behind many of the Spences champions recently.

Nancy is a past winner herself, while a full sister to Venus, the three year-old cow Dounby Unique, stood reserve champion in the pure-bred continental section this year.

For the first time in a number of years, the trophies were presented in the main ring at the end of the day.

Allan received the cup from his uncle Stewart Davidson, 55 years after he served as the president of the West Mainland Agricultural Society, which runs the event.

Perhaps the smallest exhibit in the whole section was the reserve supreme champion.

James Andrew Lennie's Limousin cross stot calf isn't even four months old but caught judge Andy Ireland's eye with his style and potential.

This one is by an unregistered black Limousin bull which James Andrew bought from the Macadies at Aikers in Tankerness and is out of a red Aberdeen-Angus cross cow that he purchased from his brother Malcolm Lennie, Seaview, Sanday.

Baby Archie Copland is barely three weeks old but he has already watched Lady Gaga strut her stuff on the big stage and seen mum and dad, Charles and Jo, claim the interbreed sheep championship in the process.

Orkney Lady Gaga, a ewe-lamb, first took the Blue Texel Championship on her way to the big prize. She is by the 4,500gns Matts Gaffer, out of a Sunnybank Exchange Rate sired ewe and also stood second in a big class at the Highland Show back in June.

She is a full sister to the Reserve Blue Texel Champion at the Highland in 2024, Orkney Juniper.

Her mother was one of the flock's foundation ewes, bought in as an embryo from a Hackney reduction sale.

The reserve was a five-crop Charollais cross ewe shown by Sheena Coghill of Muce in Birsay.

An Irish Draft took the top honours in the horse and pony section for Sharon Wylie, Swartland, Dounby.

Shanbally Liberty, the ridden champion, is a 10-year-old bought in as a rising three year-old.

Show president Steven Sinclair, wife Leona and daughter Alana took the reserve sash with their Shetland Pony Champion Unigarth Victor, by Bayview Baillie and out of Unigarth Valetta.

Results

Cattle

Beef Shorthorn (Judge: Ken Howie, Cairnton, Lumphanan, Banchory). Champion – Bruce and Shona Slater, Newbigging, Dounby, with the five year-old bull Knowehead Rolo, by Knowhead Machine, out of Knowehead Hazel Cassa. Reserve – G.R.T. Scarth and Co., Twatt Farm, Birsay with the six-and-a-half-year-old cow Cavans Waterloo P950, by Cavans Kolbein, out of Cavans Waterloo L536.

Aberdeen-Angus (Judge: Ken Howie, Cairnton, Lumphanan, Banchory). Champion – Bruce and Shona Slater, Newbigging, Dounby, with the two-year old heifer Newbigging Pippa A468, by Retties Panasonic X183, out of Newbigging Paris P247.
Reserve – Sandra Mainland, Skiddy, Rendall, with the seven-year-old cow Skiddy Bouncer Man V192, by Skiddy Blackbird S125, out of Skiddy Miss Bouncer R112.

Cross-bred coloured (Judge: Andy Ireland, Braeside, Darvel, Ayrshire). Champion – James Andrew Lennie, Cott, Rendall, with the three-and-a-half-month-old Limousin cross stot calf Mr Boombastic, by an unregistered black Limousin bull bought from the Macadies at Aikers in Tankerness, out of a red Aberdeen-Angus cross cow bought from James Andrew's brother Malcom Lennie, Seaview, Sanday.
Reserve – Liam Muir, Upper Onston, Stenness, with the four month-old Limousin cross stot calf Ulysses, by Aultside Umpire, out of a Limousin cross British Blue cow.

Any Other Pure Breed Continental (Judge: Andy Ireland, Braeside, Darvel, Ayrshire). Champion and reserve – Messrs Spence, Norton, Dounby with the two-and-a-half-year old in-calf heifer Dounby Venus, by Fury Leader, out of Dounby Nancy. The reserve was the three-and-a-half-year old cow Dounby Unique, by Fury Leader, out of Dounby Nancy.
Black/Blue Cross (Judge: Harry Brown, Auchmaliddie Mains, Maud, Aberdeenshire).
Champion and reserve – Messrs Spence, Norton, Dounby, with the eight-month-old British Blue cross heifer calf Dounby Anna, by Boherard Overdose, out of a Limousin cross cow. The reserve was the two-and-a-half year-old in-calf Limousin cross heifer Dounby Tegan, by Claragh Franco.

Sheep

North Country Cheviot (Judge: Henry Mill, Achscrabster Farm, Westfield, Caithness). Champion and reserve – LS Flett and Co., Nistaben, Harray with a tup lamb, by Bardnaclavan Dunkirk, out of a homebred ewe. The reserve was a three-crop ewe, by Durran Xiamen.

Suffolk (Judge: Michael Leggat, Upper Hassiewells, Ythanwells, Huntly). Champion and reserve – Harvey Reid, Howe, Stromness with a gimmer, by a Birness tup, out of a ewe bought from Ivan Scott. The reserve was a one-crop ewe, by Forkins Faultless, out of a Voyburn ewe.

Texel (Judge: Raymond Flaws, Lindasbreck, Evie). Champion – L.S. Flett and Co., Nistaben, Harray with a ewe lamb, by Garngour Icon, out of a Knap Godzilla sired ewe.
Reserve – Ruari Wood, Brekha, Quoyloo with a gimmer, by Duncryne Houdini, out of Wydden Ding Dong ewe.

Charollais (Judge: Michael Leggat, Upper Hassiewells, Ythanwells, Huntly). Champion and reserve – Sheena Coghill, Muce, Birsay, with the gimmer Hekra Dana, by Loanhead Bandit, out of homebred ewe. The reserve was a shearling tup, by Loanhead Bandit, out of the ewe that was breed champion in Dounby last year.

Beltex (Judge: Raymond Flaws, Lindasbreck, Evie). Champion and reserve - Bimbister Partnership, Lenahowe Sandwick, with the shearling ram Orkney Lord of the Dance, by Langlands Jimmy, out of Orkney Jameela. The reserve was the ewe lamb Orkney Milly, by the 8K Lurg Knock, out of Orkney Jazzy Lady.

Dutch Spotted (Judge: Michael Leggat, Upper Hassiewells, Ythanwells, Huntly). Champion – Lynn Ritch, Feval, Sandwick with the three year-old tup Goblin's Nook Goliath, by Mossclair Erik, out of Murtles Eerste Keuse. Reserve – Sam Cole, Maesquoy Farm, Harray, with the gimmer Maesquoy I'm That Girl, by Mossclair Erik, out of Maesquoy Glamorous. Blue Texel/Badgerface Texel (Judge: Raymond Flaws, Lindasbreck, Evie)
Champion and reserve – Bimbister Partnership, Lenahowe Sandwick, with the Blue Texel ewe lamb Orkney Lady Gaga, by the 4,000gns Matt's Gaffer, our of a Sunnybank Exchange Rate sired ewe. The reserve was the ram lamb Orkney Lord of the Rings, by the 8,000gns Derg Jackal, out of a Matt's Gaffer sired ewe.

Any other pure breed (Judge: Henry Mill, Achscrabster Farm, Westfield, Caithness) Champion and reserve – Douglas and Emma Drever, West Nearhouse, Birsay, with a shearling Hill Cheviot tup, by a Jack Thomson bred ram, out of a ewe sired by a Gavin Ross bred ram. The reserve was a three-crop Hill Cheviot ewe.

Cross-bred (Judge: Michael Leggat, Upper Hassiewells, Ythanwells, Huntly) Champion – Sheena Coghill, Muce Farm, Birsay with a five-crop Texel cross ewe, out of a Charollais ewe. Reserve – Biggings Farm Ltd, Biggings, Stenness, with a lamb.

The annual Quoybrae sale returns on August 17.

Half-bred ewe lambs among 7,000 set for annual show and sale

About 7,000 lambs are destined for Aberdeen and Northern Marts annual show and sale at Quoybrae Mart in Caithness this month.

With store lamb season now well under way across the country, the firm is due to host its annual Half-bred ewe lamb show and sale on Monday August 17.

The popular fixture will feature around 700 Caithness Half-bred ewe lambs alongside 300 park-type North Country Cheviot ewe lambs, followed by 6,000 store lambs from across Caithness and Sutherland.

Last year's purchasers travelled from as far north as Orkney and as far south as Melton Mowbray, alongside strong support from new and returning customers from across Aberdeenshire.

Renowned for their versatility, excellent mothering ability and strong milk production, the distinctive Half-bred ewe remains a popular choice for many commercial sheep producers.

This year's catalogue includes consignments from well-established breeders including Aimster, Lythemore, Granton Mains, Tofts of Tain, Osclay, Glencroft, Hunster and 19 Mowat Place.

Last year, these regular consignors averaged an impressive £256.55 for 624 lambs sold, with trade topping at £355 for a pen of 10 from Fiona Anderson, Osclay, purchased by J Elphinstone, Headiton, Bonnykelly.

Judging on the day is due to commence at 9.15am, followed by the sale from 10am.

Grantown entry record

The north show circuit will come to an end at Grantown Show next week where a record entry of livestock is destined for the event.

Held at Heathfield Park on Thursday August 13, the show is set to host two breed national shows and an Aberdeen-Angus grand prix.

Entries include 204 cattle, 538 sheep and 185 horses for classes held over two days.

The Aberdeen-Angus grand prix, which is to be judged by Alastair Cormack from Fife, will include 75 entries from all corners of the country including cattle from as far south as Devon.

In the sheep lines, the Scottish Zwartbles Championship and the Scottish Jacob Championship will be taking place, with Zwartbles judged by Carmine Brandie and Jacobs by Robert Locker.

Allan Jackson of Headlind Livestock at Lanark is set to judge the overall beef and commercial, and Texel and Bluefaced Leicester breeder Rodney Blackhall from Banchory will judge the sheep championship.

THE PRESS AND JOURNAL
Saturday, August 8, 2026

Malcolm Smith

Extraordinary camaraderie in face of ferocious wildfire

When I started to write this column, summer had arrived, the weather was perfect for hay making and I was going to comment that we had also seen better grass yields for the silage – but that was before the Glenmore and Strath Nethy wildfire.

As soon as the news broke, everyone across the community and beyond was desperate to help.

Farmers, gamekeepers, estate workers and contractors rallied to support fire crews, volunteers and teams from landowners and partner agencies to tackle the blaze – giving their all in incredibly difficult conditions.

My sons and I, along with another farmer, took our tankers and started filling them with water from Loch Morlich to help douse the firebreaks and fill up fogging units.

The scenes we saw – particularly overnight as the fire raged in changing winds – were brutal but the camaraderie of everyone involved has been extraordinary.

Despite the terrible circumstances, this incident has highlighted the true strength of a rural community.

There's been a huge effort from Nethy Bridge community council, the local hall and neighbouring businesses and volunteers to keep everyone fed.

The wildfire has sparked polarised online comments but that division is blown away in the wind like the smoke when faced with this kind of community spirit.

As someone who grew up just along the road in Nethy Bridge, often taking the scenery for granted, it's heart-breaking to see the scale of the impact on this precious landscape and how long it will take for it to recover.

To see the smoke rising up through the woods, with birds flying about looking for their nests is a really sad sight.

At the time of writing, the fire is still being dealt with and it remains a dynamic and concerning situation.

We don't yet know a cause or indeed the full extent of the damage.

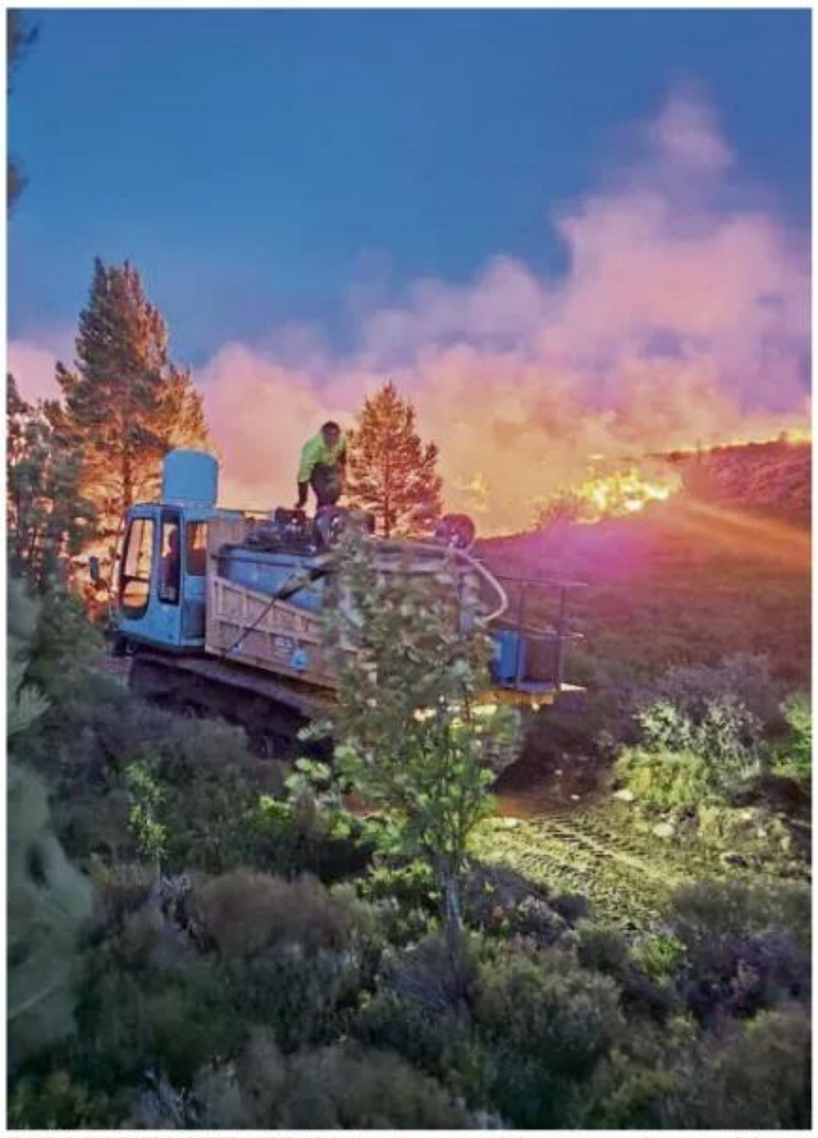
There have been parallels with the Dava "megafire" of last summer, from the incredible community response, to the many debates and concerns about how Scotland can be better prepared to tackle wildfires in our changing climate.

It has brought the topic back into the headlines and to the forefront of people's minds once more.

The next few months will be crucial in taking action and informing how we can be better prepared to tackle wildfires in the future.

Living at the mercy of the elements is something farmers do day in day out, but an event like this is a stark reminder of how vulnerable our landscapes can be.

It takes a toll on us physically and mentally as we carry the burden of managing our land and stock, all the while trying to balance the books and keep going.



PULLING TOGETHER: Malcolm and his sons, along with another farmer, have been involved in helping fight the Glenmore and Strath Nethy wildfire, filling tankers with water from Loch Morlich to douse the firebreaks and filling up fogging units.

It's important to take opportunities to come together and talk to others who "get it".

In early June, we had such an opportunity at the Monitor Farm open meeting at Auchernack.

More than 60 people got involved in four different workshops on topical subjects including farm succession, breeding cow selection decisions, Environmental Focus Areas and livestock record keeping with the new cloud-based app from Shearwell data.

We had our usual barbecue afterwards so people got a chance to relax and have a catch-up with their friends and neighbours.

Rural mental health charity RSABI "gets it", too.

They came to the event with information about their "keep talking" project which encourages farmers to speak to others if they are struggling.

They offer such a wealth of support and counselling to the farming community that I was inspired to set out on a sponsored cycle to raise money for them.

The challenge also raised money for RHET (Royal Highland Educational Trust) who arrange farm visits for schoolchildren and go into schools to educate pupils on where their food comes from and the importance of agriculture in a healthy natural ecosystem.

I kicked off the cycle from Buchan Ness Lighthouse, the most easterly on the Scottish mainland, to the most westerly lighthouse at Ardnamurchan Lighthouse – a distance of 240 miles.

Setting off into a 35mph headwind, I managed 95 miles on day one and had the bonus of sleeping in my own bed that night.

The next few days were a mix of sunshine and horizontal rain – though I find that once you are wet, you can't get any wetter, so I just put my head down and kept the pedals turning.

Fortunately, I had three hardy souls turn up to help make the last leg a lot more fun than cycling alone, and we even got a dram from the Ardnamurchan Distillery manager to warm us up.

So far, we have raised more than £4,500 and I can't thank people enough for their generous donations which will undoubtedly help provide valuable support for people when they need it most.

Summer days, of course, also mean show season, and while I might not frequent the marquees as I once did, I'm looking forward to the Tarland Show today and the Grantown Show on Thursday.

These are always a highlight of the year for the farming community – one of the few times farmers come together to catch up and take stock.

I very much hope to catch up with many of you, so please stop by the Park Authority stand for a blether if you're passing.

■ **Malcom Smith farms with his family at Auchernack near Grantown-on-Spey and is agricultural adviser at the Cairngorms National Park Authority.**

RECORD HIGH: QMS market intelligence manager Iain Macdonald, Rural Affairs Secretary Gillian Martin and QMS chief executive Sarah Millar launched the Red Meat Industry Profile.

Scotland's red meat industry worth £4.2bn

BY KATRINA MACARTHUR

Scotland's red meat industry was worth more than £4.2 billion of output and £1.3bn of gross value added (GVA) in 2025 – the highest level ever recorded.

According to Quality Meat Scotland's (QMS) latest Red Meat Industry Profile, Scottish beef, lamb and pork supports around 40,000 jobs across the supply chain.

Figures show that combined economic impact rose by 18.5% in 2025 driven by higher cattle and sheep prices.

Prime cattle prices averaged approximately £6.60 per kg deadweight in 2025, up 30.3% year-on-year.

And the value of cattle, sheep and pig farming increased by 17.6% to £1.9bn while primary processing rose by 20.2% to £1.36bn.

While higher farmgate prices supported store producer confidence and underlying consumer demand for foods naturally high in protein remained strong, a 30% increase in the retail price of beef has led to some changes in purchasing patterns.

QMS chief executive Sarah Millar, who attended Turriff Show this week, said: "These figures underline the scale, strength and continued importance of Scotland's red meat sector.

"At £4.2bn of output and £1.3bn of GVA, beef, lamb and pork are delivering major economic value for Scotland and supporting jobs, businesses and communities across the country including in some of our most remote and rural communities.

"While consumers have demonstrated that they continue to value red meat produced in Scotland and the market remains resilient, purchase volumes have reduced as higher prices influence buying behaviour.

"This, alongside declining livestock numbers, import competition and the severe pressure facing Scotland's pig producers mean that we must continue to ensure focus is on how this sector can be supported to protect future growth, food security and rural livelihoods."

The sheep sector has had another strong year following record producer prices, export growth and signs of flock recovery.

Average Scottish prime sheep prices reached a historical high of £3.28 per kg liveweight, rising 52.1% over the past five years.

An improved lambing rate and rebound in abattoir production in Scotland also contributed to longer-term optimism, with stronger market signals helping to rebuild confidence after three years of decline in the ewe flock.

But despite the stronger economic figures, QMS warned that the reduction in Scotland's beef cow and pig herds presents a longer-term risk to the sector's economic and social contribution.

The pace of decline in Scotland's beef cow herd slowed to 1.4% year-on-year in December 2024, but numbers remained 10.4% below 2021 levels.

NFU Scotland 'absolute stalwart' Lorna lifts Unsung Hero Award

NFU Scotland's north-east regional manager Lorna Paterson has been commended for her dedication and services to members and the local farming community.

Lorna, who originally hails from a farm near Bankfoot in Perthshire, is the recipient of this year's Unsung Hero Award.

It is awarded every year by the north-east region to an individual for their achievements and hard work on behalf of fellow farmers.

Lorna Paterson is presented with her award and signed Aberdeen Football Club shirt at Turriff Show.

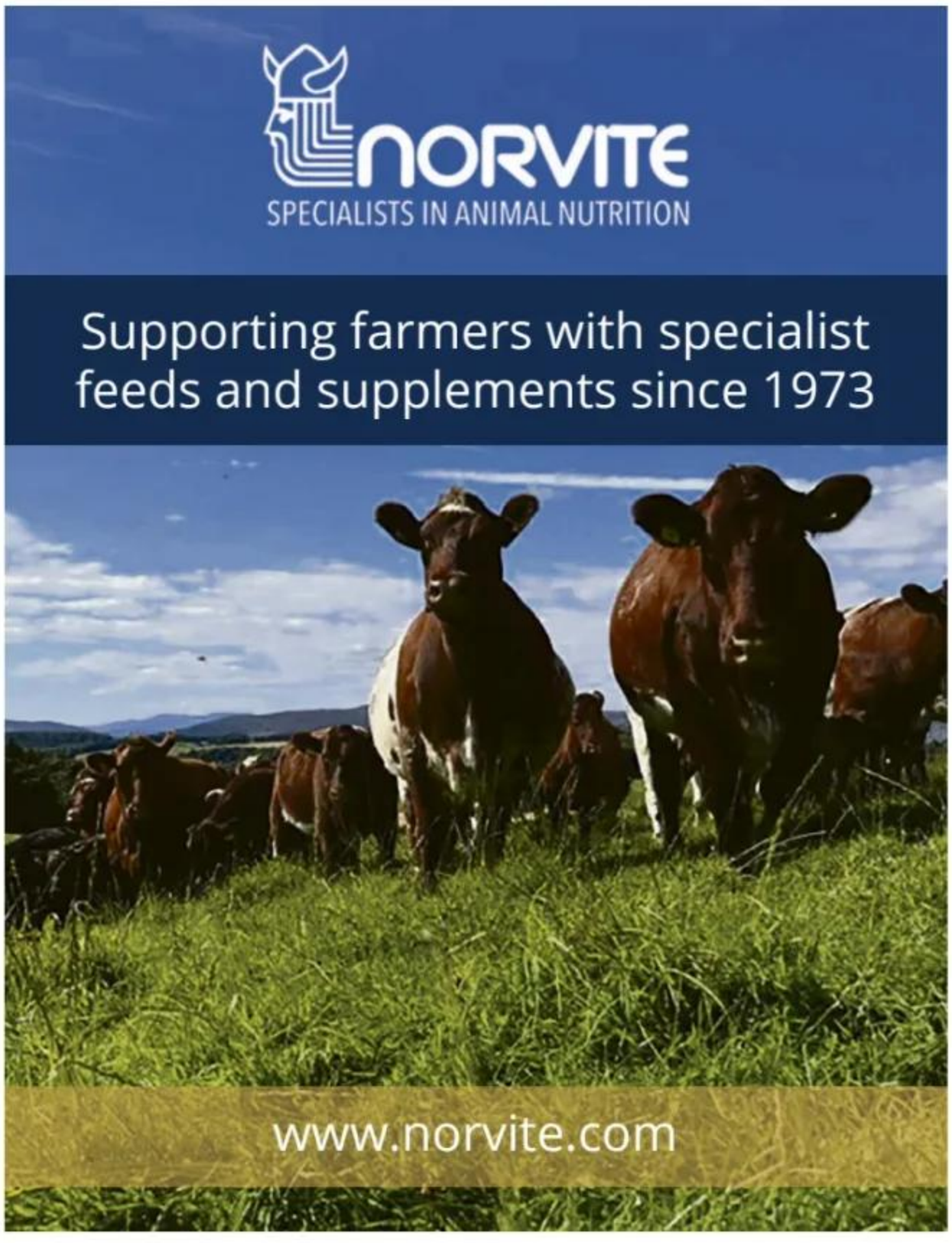
A well-known face in the north-east farming community, Lorna has been in the union's regional manager role for 19 years and is renowned for her dedication to members.

David Greer, NFUS north-east region chairman, said: "Lorna is an absolute stalwart for NFU Scotland in the north-east and always gives 100%.

"We are well aware of Lorna's contribution to branch, commodity and regional meetings but she always does a huge amount behind the scenes, supporting individual members, often confidentially. And Lorna is certainly no wallflower – she makes her voice heard and stands up for the union's members."

Lorna was presented with the award and a signed Aberdeen Football Club shirt at Turriff Show on Sunday where the north-east region raised £4,000 for Sma Wids and Deveron, Bogie & Island Rivers Charitable Trust.

In receiving the award, Lorna said: "I am shocked but so honoured to receive this award. I am privileged to do a job I love and I am so lucky to work with a great team of farming volunteers here in the north-east. Thank you to those who put me forward."



THE PRESS AND JOURNAL
Saturday, August 8, 2026

All eyes set on spud security

BY COLIN LEY

The challenge of future-proofing Scotland's potato industry will be the key focus of next week's Potatoes in Practice event, which will be held at The James Hutton Institute's Balruddery Farm, Invergowrie, on Thursday.

Sharing the stage with almost 50 trade exhibitors, the annual event will enable visitors to see the National Robotarium's robot dog, Spot, in action throughout the day, as well as real dogs from K9 Manhunt and Scentwork Scotland, who are trained to identify diseased potatoes.

Presented as an opportunity for attendees to explore the practical tools and ideas needed to help growers strengthen productivity, resilience and their long-term profitability, the event is once again hosted by the Hutton through the National Potato Innovation Centre (NPIC) in partnership with SRUC and Agrii.

"Potatoes in Practice continues to go from strength to strength, with visitor numbers increasing year on year," said Professor Ian Toth, NPIC director.

"It is the place to connect with everyone involved in potato growing and processing and to gain the knowledge and practical insights needed to navigate the future of this vital crop."

Alongside a programme of seminars and demonstrations designed to showcase the potato sector's latest research, technology and industry developments, visitors will also be able to tune in to presentations by leading industry and research specialists.

Alex Godfrey, chairman of GB Potatoes, and Gerard Croft, secretary of the British Potato Trade Association, will present initial findings from the recent Potato Industry Growth Summit, outlining ambitions to deliver 25% profitable growth across the GB potato sector.

Researchers Dr James Price of the Hutton and Dr Kerry Leslie of SAC Consulting will share outputs from PCN Action Scotland, the Scottish Government-funded initiative tackling potato cyst nematode.

Virus management will also feature prominently, with a session sponsored by the Scottish Society for Crop Research examining the challenges posed by Potato Leaf Roll Virus for seed producers.

Researchers from Hutton Scientific Services will discuss the value of water, irrigation decision-support systems and practical approaches to managing water scarcity.

Last, but not least, 2022 MasterChef finalist Sarah Rankin will deliver Potatoes in Practice's first live cookery demonstration, showcasing a range of potato-based dishes to celebrate the versatility, quality and value of one of Scotland's most important crops.

CRUCIAL CROP: Potatoes in Practice is a chance for attendees to explore tools and ideas needed to help growers strengthen productivity, resilience and long-term profitability.

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AGAINST THE GRAIN: Many farmers in England completed harvest two to three weeks ahead of their long-term average.

Historically early harvest sees yields down significantly

BY COLIN LEY

The exceptionally hot and dry weather of recent weeks has resulted in the earliest UK harvest since records began in 2006, according to the first harvest report for 2026 released by the Agricultural and Horticultural Development Board (AHDB).

Many farmers in the south and east of England completed harvest two to three weeks ahead of their long-term average, with cereal yields showing a significant decline in comparison to previous years, albeit with oilseed rape performance showing an upturn.

"While it's encouraging to see oilseed rape yields improving on average, cereal yields have generally been below the 10-year average so far, with some farms experiencing significant reductions," said Anthony Hopkins, AHDB director of cereals and oilseeds, adding that many farmers have been working through the night to avoid the most extreme daytime temperatures.

"Following successive years of difficult weather and rising costs, the financial pressures are becoming increasingly acute for those businesses hardest hit."

The report's current estimate puts average wheat yields at 6.8 tonnes per hectare (t/ha), well down on last year's 7.2 t/ha and substantially below the UK's 10-year wheat yield average of 7.9 t/ha.

Barley performance appears to have been more consistent, with average winter barley yields broadly in line with recent seasons at 6.8 t/ha. Spring barley is estimated at 5.3 t/ha, only slightly below historical levels. Oat yields, meanwhile, are reported to be sitting at 4.9 t/ha, matching last year's average but below the crop's 10-year average of 5.4 t/ha.

Bucking the trend is oilseed rape, where average yields are estimated at 3.9 t/ha, well above the crop's 10-year average of 3.3 t/ha and ahead of last year's 3.7 t/ha.

Not surprisingly, differences in localised rainfall and soil moisture retention have had a major influence on crop performance.

"Although harvest has progressed rapidly across most regions, we're seeing considerable variation in yields between farms, reflecting differences in rainfall, soil type and cropping decisions," said Anthony Speight, senior analyst, cereals and oilseeds, at AHDB.

"At this stage, the emerging picture points to disappointing cereal yields in many areas, but we will gain a clearer understanding as harvest continues."

Looking farther afield, 2026 cereal production across the European Union is forecast to be heading for a 6.6% decline in output compared with 2025.

Copa-Cogeca, the EU farm and farm co-op body, said recent weather events were potentially having a "greater impact" on EU-27 production than initially expected. As such, the organisation has warned of a 4.2% decline in total wheat production alongside a 3.5% fall in barley output.

As with the UK, however, the EU-27 picture remains "highly uneven", with some regions benefiting from favourable growing conditions while others continue to face persistent drought, heat stress and water shortages, all reducing yield prospects, particularly in Spain and Hungary.

This year's Borderway Agri Expo in Carlisle will feature new championships for Limousin and Charolais cattle.

Three north pedigree breeders to judge new sections at Agri Expo

Three pedigree breeders from the north have been announced as judges at this year's Borderway Agri Expo in Carlisle this year.

The event has expanded its national calf show line-up with two new breed society championships for Limousin cattle and Charolais cattle.

This will bring the total number of calf shows at the event to seven alongside Aberdeen-Angus, Beef Shorthorn, British Blue, Simmental and Hereford.

Organised by Harrison and Hetherington and taking place on Friday October 30, the event is now the UK's largest autumn livestock event.

Matthew Milne of the Elgin herd at Kennieshillock, Lhanbryde, is set to judge the Charolais while Reece Simmers from Backmuir at Keith will judge the Simmentals.

The Beef Shorthorn judge is John Scott of Fearn Farm at Tain and the Limousin judge will be Thomas Illingworth of the Glenrock herd near Lockerbie.

Both new competitions are open to UK-born, pedigree-registered cattle born on or after July 1 2025.

Each championship will feature classes for bull and heifer calves, pairs and young handlers.

The overall champion from each breed section will then go forward to compete in the Borderway Agri Expo pedigree calf inter-breed championship.

Schedules are available from the Borderway Agri Expo website and the respective breed society websites. Entries for all national calf shows close on September 25.

Dairy processors to lift producers' milk prices

Three milk processors, Muller, Arla and First Milk have announced increases to their conventional milk prices, with farmers set to receive higher rates this month and next.

Muller will raise its price for qualifying suppliers by 0.5p per litre to 35p per litre from September 1.

First Milk will increase its standard manufacturing litre by 2ppl from the same date, taking the price to 34.85ppl, including the member premium.

Arla's conventional UK headline price will rise by 0.88ppl to 38.15ppl this month.

The three prices cover different months, contracts and payment structures, meaning they should not be treated as direct like-for-like comparisons.

Muller's increase applies to farmers meeting the conditions of its Muller Advantage programme.

Organic demand was described as stable, although the continuing imbalance between supply and demand left the outlook uncertain.

THE PRESS AND JOURNAL
Saturday, August 8, 2026

Ben Lowe

Good harvest but pork sales are crying out for influencer

Our harvest got off to a blistering start with 75% of the winter barley being combined at great moistures, but the final quarter became a bit more of a stop start affair.

We finished the winter barley crop on Sunday evening. The guys understood when they got the mayday call to return from Turriff Show a couple of hours early.

Luckily our main tractor operator, Craig, had only found the ice cream van and not the beer tent by that point.

The crop didn't disappoint, with good grain quality and I am happy with our 8.6 ton/ha or 3.5 ton/acre average across the farm. Caravelle winter barley had the best results.

However, I am looking to bring in new varieties next year to try and spread out the maturity of the crop, so we don't have so many acres ready at the same time.

With the drizzle returning on Monday morning, I got the chance to attend the show. It is always great to catch up with people and make sure we aren't the only ones battling with the weather.

RACING THE WEATHER: Ben's harvest got off to a sound start with good grain quality, before the drizzle kicked in later.

It has been well documented that the independent pork sector is within testing times.

We have aimed to set up our business to not require subsidies to be profitable, with each enterprise benefiting the next to create a circular farming business producing sustainable, great quality Scottish food.

Factors outwith our control continue to suppress the pork market, meaning we are selling animals well below the cost of production. Our biggest weakness is that any actions we make now will take nine to 18 months to take effect and by then we could be trading in a totally different market.

Scotland only produces 10-15% of the pork we consume, meaning we only need some families to demand Prime Scottish Pork to make a real difference to our industry.

We have such a great story, all being family farms, running businesses that mostly grow the feed fed to our pigs within a small radius of the farms, with some of the best welfare and health statuses in the world. Maybe we just aren't marketing our product correctly. Are we not inspiring the general public to go out and buy a ham roasting joint for Sunday dinner or some pork chops for an enjoyable evening meal?

I do wonder how many students have the knowledge to go out and buy some of the cheaper lean meats to fit round their tight budgets.

Has life got too busy that we all buy for convenience and stick to the quick easy options or has pork just fallen out of favour?

Rarely do I go out to dinner and find more than one pork option on a menu, if any. In a world in which crazes seem to pop up in all directions, maybe we just need to convince the latest social media influencer or celebrity chef to go pork daft for a month?

As you can read, I feel there are more questions than answers. The most telling sign of how our society is consuming, is that pork mince is the standout volume growth leader within the fresh pork category.

While this might be seen by my beef producing friends as a direct threat to their market, I would disagree. Consumer habits are changing away from traditional cuts of meat to the convenience model and quick-to-cook dishes.

I suppose I better get off my high pig and go back to what I know best, our farming lives on the farm.

Crop potential looks great in this part of the country. I am excited to see how our oilseed rape, winter wheat, spring barley and winter beans do this year.

After all, they are what sets up our pig enterprise for the year to come. Being a circular business, we need each enterprise to look after each other.

As always, the most important thing is that our animals and people on the farm are happy and healthy, although I would be delighted to see the balance sheet turning less red!

■ Ben Lowe farms near Ellon with his wife, Harriet, running an intensive pig and arable enterprise. He also works as an agent with agronomy company Agrovista.

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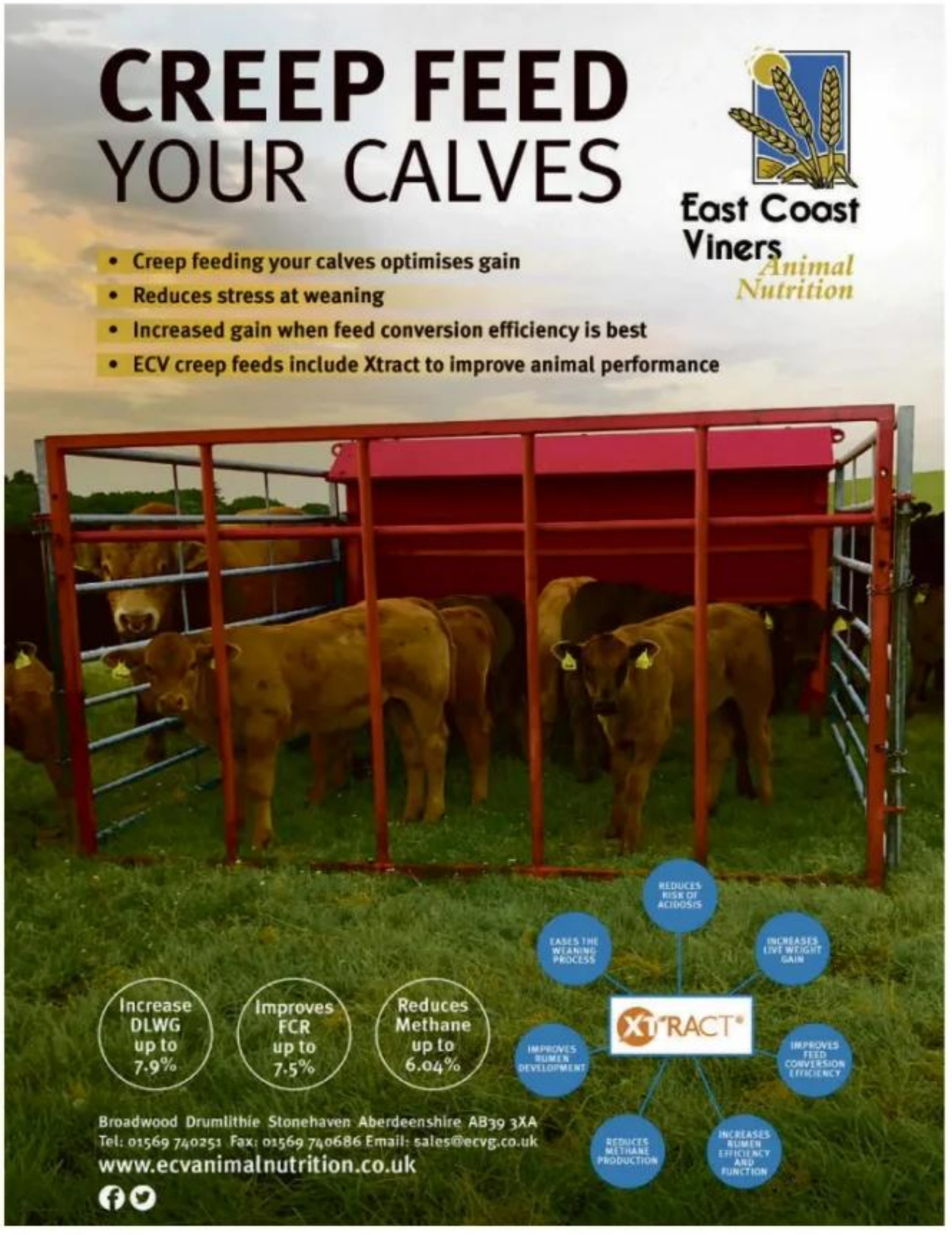

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Wednesday 12th August
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See Website for Full Details of Starting Times Etc
Viewing Arrangements Saturday 8th August from 9.00am till 4.00pm
Monday 10th and Tuesday 11th August from 9.00am till 6.00pm.
For Further Information Please Contact 01467 623770.
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Thursday 13th August
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*Source GB TGI 2023 May. Base: Country Living (Mosaic group) ever read The Press & Journal

LIVESTOCK

Thainstone – Aberdeen and Northern Marts sold 157 cows and bulls to average £2,013.44 or 277ppk. Beef finished cows (49) averaged £2,304.59 and sold to £2,970 for an 886kg British Blue Cross from Sebay View, Tankerness. Beef feeding cows (88) averaged £1,904.77 and sold to £2,740 for a 784kg Limousin Cross from Sebay View, Tankerness. Boning cows (8) averaged £1,023.75 and sold to £1,410 for a 668kg Aberdeen Angus Cross. Dairy cows (3) averaged £1,488.33 and sold to £1,665 for a 588kg British Friesian from Holmview, Setter Farm. Bulls (9) averaged £2,545.55 and sold to £3,040 for a 1,090kg Limousin from West Cruichie, Drumblade. "A mixed entry of cast cows and bulls was forward, and trade was slightly less on the week. However fed cows and young feeding sorts maintained recent high rates." Leading prices per head: Beef finished cows: The Leys, Tarland (Char) £2,870; Fallaw Farm, Inverkeilor, (Sim) £2,750; Meikle Tillyeve, Udny (Sim) £2,730; Fallaw Farm (Sim) £2,710; The Leys (SimX) £2,670. Beef feeding cows: Scobshaugh, Cortachy, (SimX) £2,385; Sebay View (LimX), Nether Tillygarmond, Finzean, (SimX) £2,370; Quanterness, St Ola, (AAX) £2,325; Fichlie, Glenkindie, (SimX) £2,210; Breckan Farm, Evie, (LimX) £2,170. Dairy cows: Holmview (BF) £1,590. Bulls: Deystone, Kintore, (Sim) £2,970; The Leys (Char) £2,940; Annamuick Farm, Stonehaven, (BDA) £2,890; Auchorachan (Sim) £2,710.

Thainstone – Aberdeen and Northern Marts sold 1,178 prime sheep and feeding ewes and rams. New season prime lambs (656) averaged 343.4p per kg and sold to 434.1p per kg for 41kg Beltex's from Birkenbower, Lumsden, and £200 gross for 55kg Beltex's from Bogiefeulach, Tornaveen. New season prime Lambs SQQ up to 45.5kg (344) averaged 349.2p per kg. Feeding ewes and rams (522) averaged £159.81 and sold to £380 for a pure Texel from Skelbister, Orphir. "Prime lambs were in short supply, and trade took a grand increase with an average of 343p per kg and £157.55 per head. Feeding ewes and rams sold dearer on the week with all classes very keenly bid for." Leading prices per head and per Kg: new season prime lambs: Pure Bel – Bogiefeulach £195.50, Birkenbower, Lumsden 400p; BDM – Bogiefeulach £194.50, 360.6p; BDMX – Bogiefeulach £187.50, 341.2p; Pure Tex – Mill of Alvah, Alvah £185.50, 1 Pitairlie Cottage, Newbigging 367.9p; Bel – Milton of Finnercy, Echt £182, Corfeidly, Glassel 387.2p; Tex – Auchincrieve, Rothiemay £180, Coneyhatch House, Stonehaven, Corfeidly 364.1p; TexX – Balcraig, Kintore £178.50, Bogiefeulach 383.3p; BelX – Birkenbower, Lumsden £178, Govals, Kincaldrum 380.2p; Cont – 1 Pitairlie Cottage, Mill of Alvah £175.50, Cadgerford 371.p; ContX – Bogiefeulach, Tornaveen, Westburn Farm £174.50, Cadgerford, Kingswells 371.6p; Suf – Mid Haddo, Fyvie £173.50, Mains of Cowie, Stonehaven 358p; SufX – South Blachrie, Fyvie £172.50, Garvelside, New Pitsligo 355.7p; Cross – Mill of Alvah £171.50, Birkenbower, Lumsden 372.6p; Cha – Riach, Forgue £167.50, 356.4p. Leading prices per head: feeding ewes: PureTex – Skelbister £370, £355; Tex – Mid Haddo, Fyvie £349.50, £284.50; TexX – South Byebush, St Katherines £277.50; Cont – Mains of Allathan, New Deer £274.50; Cross – Mid Haddo £264.50; BluTex – Mains of Keithfield, Haddo Estate £260; Suf – Thistleyhillock, Kininmonth £249.50; SufX – Westburn Farm £244.50; ContX – Balcraig, Kintore £242; BelX – South Byebush £239.50; Bel – South Byebush £236.50; Black – Auchincrieve Farm, Rothiemay £214.50; Mule – Mains of Allathan, New Deer £199.50; Zwa – Skelbister £197.50; GF – Ruthven £190.50; Chv – Thistleyhillock £179.50; Easy – Coralhill, Lonmay £177.50; ChvMul – Braeside £175.50; Leic – Skelbister £159.50; ValBlk – 5 Blair Cottages £155.50; Rye – Braeside Park, Auchnagatt £142.50; BF – Rickarton, Stonehaven £138.50; ChvX – Littlefield, Aberchirder £131.50. Feeding Rams: BFL – Ruthven, Kirkmicheal £244.50, £189.50; BluTex – 5 Bair Cottages, Altyre £175.50.

Thainstone – Aberdeen and Northern Marts sold 98 prime cattle. Under-30-month prime bullocks (44) averaged 334.6p and sold to 391p per kg for a 565kg Limousin from Whiteside, Tullynessle, and £2,743.40 gross for an 860kg Charolais Cross from Muldearie Mains, Keith. Prime heifers (23) averaged 360.9p and sold to 397p per kg for a 555kg Limousin Cross from Sheep Park, Bridge of Marnoch, and £2,635.30 gross for a 730kg Limousin Cross from Whitehaugh, Burnhervie. Young bulls (31) averaged 338.5p and sold to 374p per kg for a 705kg Charolais from Mains of Elrick, Auchnagatt, and £2,878.20 gross for a 780kg Limousin Cross from Home Farm Cairness, Fraserburgh. "A commercial show forward saw trade remain similar on the week." Leading prices per Kg: under-30-month prime bullocks: New Mains, Glenkindie, (LimX) 387p; New Mains (LimX) 381p; Whiteside (LimX) 379p; Connage, Rathven, (AAX) 367p; Caiesmill, Kinellar (LimX) 357p. Prime Heifers: Whiteside (LimX), Chapel of Barras, Stonehaven, (CharX) 387p; Chapel of Barras (CharX) 384p; Tillyorn Corse, Lumphanan, (BBX) 381p; Chapel of Barras (LimX) 374p; Hill of Ardiffery, Hatton, (LimX), Muldearie Mains (LimX) 369p. Young bulls: Mains of Elrick (Lim) 371p; Cairness Home Farm (LimX) 369p; Cairness Home Farm (LimX) 361p; Tillyorn Corse (LimX) 351p; Ploverwards, Grange (BBX), Whiteknowes, Craigievar (SimX), Hillocks, Whiterashes (LimX), Cairness (LimX) 349p. Leading prices per head: under-30-month prime bullocks: Muldearie Mains (LimX) £2,730.45, (SimX) £2,728.50, (CharX) £2,727.45; New Mains (LimX) 2,554.20. Prime heifers: Caiesmill (LimX) £2,559.45; Caiesmill (LimX) £2,476.80; Hill of Ardiffery (LimX) £2,416.95; The Leys (LimX) £2,363.60; Muldearie Mains (LimX) £2,361.60. Young bulls: Cairness Home Farm (LimX) £2,847.60, £2,844.35, £2,797.75; Mains of Elrick, Auchnagatt £2,636.70; Shandford, Fern (AA) £2,592.

Stirling – United Auctions sold 4,478 prime sheep comprising of 2,533 new season lambs selling to an average of 343.84ppk and 1,944 ewes and rams. Scottish Texel Breeders Club show of prime lambs judged by Mr W. Shearer, Burnbrae, awarded champion pen of 5 to G D MacDonald & Son, Meadows of Ballied, at £204, and Reserve Champion also to G D MacDonald & Son, Meadows of Ballied, at £194. Full Show Results: Class 1 (up to 45.0kg) 1 John M Meikle, Dalvey, 2 M S Sands Ltd, Milton, 3 George Baird, West Whitefield. Class 2 (45.1kgs and over) 1 G D MacDonald & Son, Meadows of Ballied, 2 G D MacDonald & Son, Meadows of Ballied, 3 A & R Paton, Easter Greenhill. NSL PPH: Suffolk – Little Balquhomrie £210, South Flanders £198, Harestone £194, South Flanders £190, Netherurd Mains £185 £180, Gaisland £179. Texel – Meadows of Ballied £204, No2 Hill of Errol £200, South Flanders £198, £197 x2, No2 Hill of Errol £196, Meadows of Ballied £194, Coxhill £191, South Flanders £188, Little Raith & Faulds £187. Beltex – Blairmore £198, Meadows of Ballied £195, Lintibert £194, Doune £194, £192 x2, Braco Castle, Easterton & Meadows of Ballied £185, Meadows of Ballied, Easterton & Doune £183, Easterton £182, Goddens £181. Continental – Milton £178, Kincraigie £170, Hilderston £165 x2, Kincraigie £164, Wardhead £163. Mule – Drumbeg £155, Auchenrivoch £149. Easycare – Pitcairlie £155. NSL PPK: Beltex – Easterton 433p 430p 429p 421p, Goddens 421p, Wester Mye 409p, Easterton 400p, 399p, Meadows of Ballied 398p, Goddens 395p, Athronhall 394p. Texel – Meadows of Ballied 408p, 404p, Golland & Easterton 379p, Letham 378p, Gaisland & Wester Cambushinnie 376p, Milton 373p, South Flanders 372p x2. Suffolk – South Flanders 365p, Netherurd Mains 359p, Gaisland 358p, Netherurd Mains 356p, Balleny & South Flanders 354p, No2 Hill of Errol 352p. Charollais – Shanry 362p, Eastmill 360p, Shanry 350p. Continental – Kincraigie 356p, Craiglaw 354p, Barbarafield 353p, Milton 352p. Ewe top prices: Suffolk – North Inchmichael £300, No 2 Hill of Errol £252, Assloss £235, West Mains & North Inchmichael £220, Harestone £205, North Inchmichael £200. Texel – Middle Ballat, West Whitefield & Goddens £240, Bencloich £238, Harestone £230, West Whitefield, Whitemyre & No2 Hill of Errol £220, West Whitefield £215, Craigo £208, Shanry £206, Craigo £205, £200. Cheviot Mule – Craigo £228, Over Hillhouse £192, Shanry £178. Cheviot – Clatto £228, Drum of Kinnaird £220, Craigo £188. BFL – Assloss £225. Beltex – Laigh Balernock & Blairmore £220, Cairnlea £210, Goddens £170. Mule – Assloss £205, Bencloich £198, Binzian £184, Letham & Meadowfield £182, Herbertshaw £178. Continental – Wardhead £196, Harestone £192, No2 Hill of Errol £178. Lleyn – Harestone & Wardhead £190, Wardhead £130. Blackface – Auchenrivoch & Harestone £160, Elsmcleugh £158, Auchenrivoch £142, Invernoaden £135. Ram top prices: Hampshire – Fintalich £275. Texel – Binzian £210. BFL – Backhills £200.

BEEF

Abattoirs

Beef prices p/kg	Scotland	Change	England, Wales	Change
Steers dwt	617.8	+5.3	606	+0.0
Heifers dwt	621.7	+5.8	604.6	+1.7
Young bulls dwt	604.9	+1.7	593.8	+0.4
Numbers				
Steers	2,604	+200	9,728	+330
Heifers	1,879	+29	7,523	+499
Young bulls	1,060	-100	2,272	+150

Auctions

Beef prices p/kg	North Scotland	Change	Scotland	Change
Steers lwt	343.27	-9.60	356.65	-3.94
Heifers lwt	363.61	-2.04	364.73	-0.40
Young bulls lwt	341.40	+21.02	340.86	+23.26
Cull cows	264.27	-9.93	258.80	-2.43
Numbers				
Steers	76	+13	129	+5
Heifers	77	+4	147	-18
Young bulls	10	-16	14	-16
Cull cows	371	+116	550	+39

Deadweight cattle

R4L p/kg	Steers	Heifers	Young Bulls
Scotland	620.3	627.6	603.4
England/Wales	614.6	616.8	599.5
Ireland	569.6	576.9	-

Deadweight cull cows

	03 p/kg dwt
GB	520.9
Ireland	512.3

SHEEP

Auction marts

Sheep prices p/kg	North Scotland	Change	Scotland	Change
New season lambs	328.25	-30.05	320.01	-32.30
Ewes lwt/head	£116.33	-23.42	£123.81	-17.34
Sheep numbers				
New season lambs	5034	-1560	11,636	-1908
Ewes	3718	+1082	7,193	+966

GB abattoir prices

	12-16kg	Change	16.5-21.5kg	Change
R3L p/kg	779.8	-26.7	783.5	-28.2

PIGS

GB abattoirs

		Previous week	Previous year
All pigs SPP	180.41 p/kg	178.34 p/kg	207.83 p/kg

GB deadweight pigs

	Method 1 and 2	Change
	p/kg dwt	p/kg dwt
up to 59.9k	N/A	N/A
60.0 – 69.9	171.63	-0.55
70.0 – 79.9	179.99	+1.52
80.0 – 89.9	182.15	+1.58
90.0 – 99.9	182.11	+2.13
100 – 104.9kg	180.20	+1.48

In association with QMS Quality Meat Scotland AHDB

FARMING

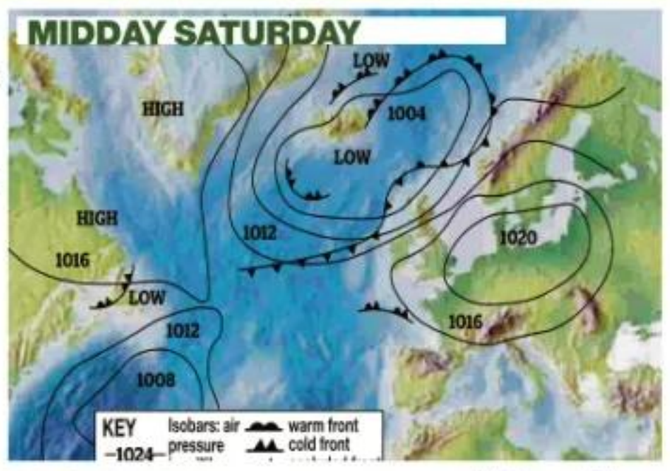
Every day in your Press and Journal

FARMING OUTLOOK

FORECAST

SATURDAY - MONDAY

1. Cloudy Saturday with mild winds. Sunday rain, cooling Monday but drier.
2. Cloudy start Saturday; slight rain chance. Cooler Sunday, widespread rain likely.
3. Rain persists Saturday; improving Sunday. Monday remains cloudy, dry conditions.



OUTLOOKS

TUESDAY: Mild temperatures with high cloud cover, dry conditions, light southeast winds, and good visibility.

WEDNESDAY: Mild temperatures with high humidity and clouds, no rain expected, light winds from the south.

THURSDAY: Mild with cloud cover, light rain possible, minimal wind, high humidity, good visibility.

FRIDAY: Cloudy with mild temperatures, chance of light rain, and gentle southwest winds. High humidity.

LAST WEEK

	Total rainfall mm	Soil Moisture Deficit
1	31.22	0
2	21.34	0
3	30.43	0
4	56.58	0

MAGAZINE

08.08.2026

The P&J

Making waves

James leaves Dons role to take plunge with new paddleboard business

Why it took a century to build Aberdeen road

Pick of the best outfits at the Turriff Show

THIS IS SCOTLAND WITH

THE Scots MAGAZINE

NEW PODCAST *OUT NOW*

WITH ALLY HEATHER AND HEBRIDEAN BAKER, COINNEACH MacLEOD

The P&J

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Kirstie Waterston looks back 80 years in Aberdeen when the area between the sea and city was covered in slums
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Keith Broomfield reveals that, as the puffins depart and the kittiwakes grow quiet, summer starts to slip away
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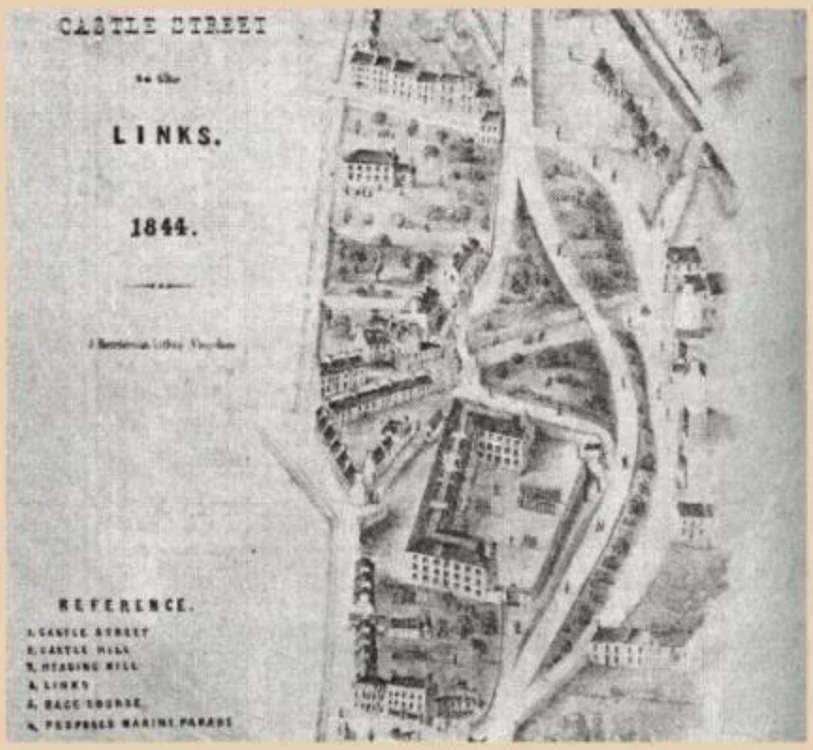
To contact the team, please call 01224 343368 or email pj.features@pressandjournal.co.uk To advertise your company, call Carole Bruce on 07799 545753 or email carole.bruce@ajl.co.uk

SPOTLIGHT

By Kirstie Waterston

Boulevard vision rose from slums – eventually

Proposal for street linking Aberdeen to the beach, first floated in 1844 and revived in the 1920s, finally came to fruition in 1959 when it was opened by the Queen Mother after pace of progress made it the butt of jokes



CHANGES: Right, the council's boulevard plans in 1844; far right, Albion Street in 1938 was one of the east-end slum areas to be cleared for the Beach Boulevard construction.

Aberdeen Beach Boulevard directly links the granite jungle to the golden shores, but not even 80 years ago the whole area was crowded with slums.

It's hard to imagine Aberdeen without the boulevard. It's such an integral part of the cityscape, you would think Aberdeen rose around this thoroughfare to the seafront.

But the road is a fairly young addition to the city's long history and was the result of an extremely ambitious programme of municipal planning.

One of the most squalid quarters of Aberdeen was swept away to make room for leisure, and to improve the city for every citizen. And, once it was built, it took Aberdonians just minutes by bus to escape the bustling city centre for the fresh seaside air.

In 1926, Aberdeen Town Council's newly-appointed, and therefore very keen, planning committee announced ambitious plans to improve the city centre layout.

Referencing the evolution of the city from 1661 to 1891 in their discussions, this was to be the biggest change undertaken in civic planning in a generation.

It would involve carrying out widespread slum clearances to create a wide access to the sea beach. The road alone was to cost £100,000, nearly £6 million in today's money.

One side of Albion Street and one side of Wales Street would be flattened to

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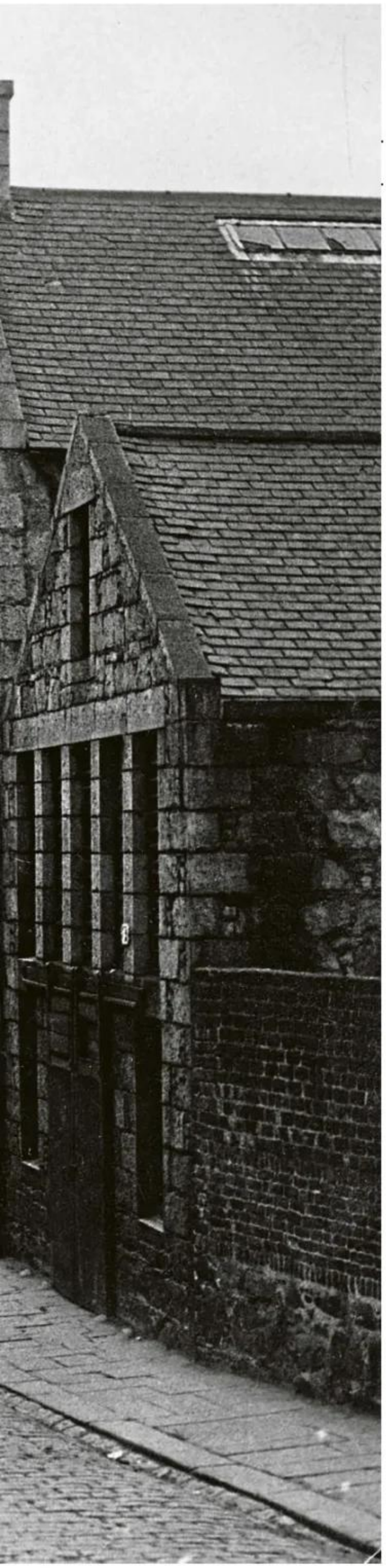
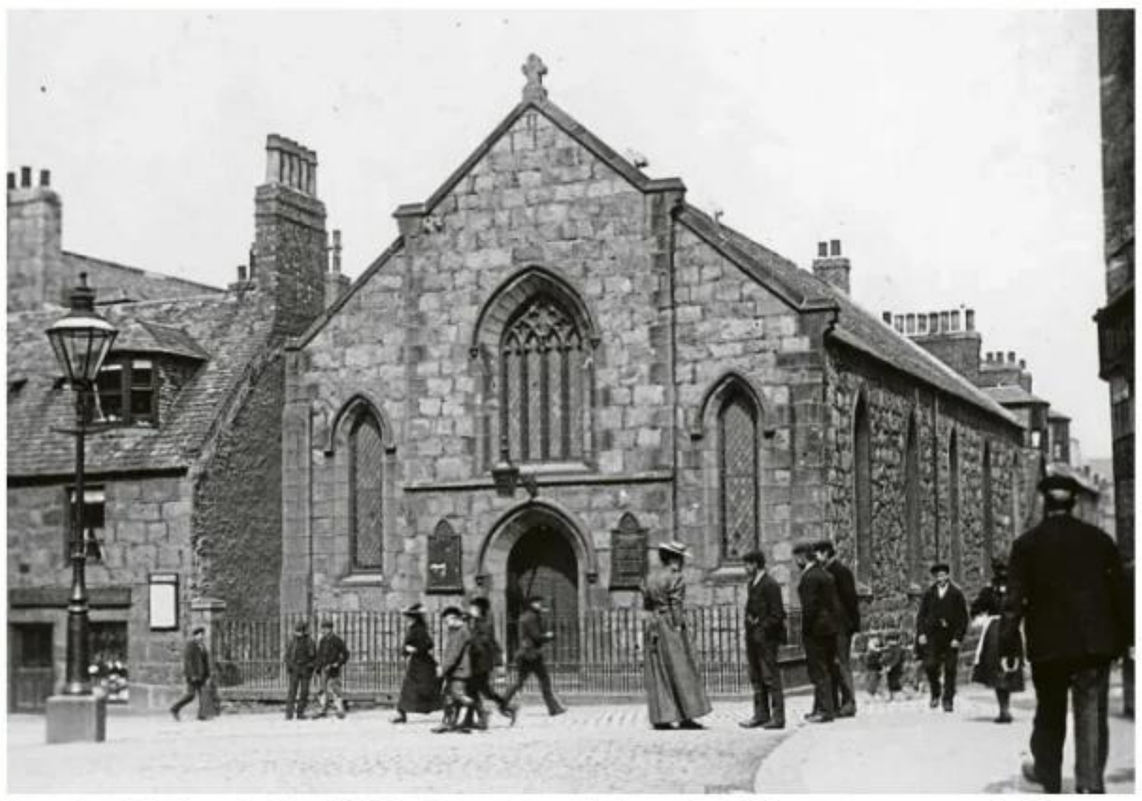




Top, the right-hand side of Wales Street, here in the early 20th century, was pulled down to make way for the boulevard; Albion Street Congregational Church, a centre for charities working in the slums, was razed in the 1930s.

construct a tree-lined boulevard running in parallel from Justice Street to the beach baths.

But harnessing the opportunities of having a beachfront so near to the city centre was nothing new in Aberdeen.

In 1844, the council produced a sketch of a leafy street between Castle Street and a new marine parade at the Links, meandering past the Castlehill Barracks and racecourse en route. But at the cost of £1,500, it was considered too expensive.

Although the Victorian vision didn't materialise, it was an idea that remained on the periphery of the council's planning vision for the next 94 years.

That 1844 sketch was still hanging in the town clerk's department at the town house in 1938.

By then, the plans that were imagined back in the 1800s, revisited in 1926 and redrawn in 1929 finally made it off the drawing board.

The council had just completed the Beach Ballroom and other exciting beachfront attractions, but weaving through ramshackle neighbourhoods to get there was not safe.

However, the proposed east-end slum clearances in the 1920s were not straightforward.

By the very nature of squalid accommodation, overcrowded homes were packed with people who needed housed elsewhere.

Such was the "grand scale" of the task on every conceivable front, when proposals stalled by the tail end of the 1920s, there was still support rather than criticism.

Reporting on the progress, or lack of, The Press And Journal said: "No one can question the attractiveness nor deny their practical utility.

"That they cannot be carried out in their entirety in five years or 10, perhaps hardly in a quarter of a century, is no reflection upon their merits or their necessity.

"The transformation of splendid visions into splendid actuality will call for long patience and careful financial administration."

In addition to the beach scheme, the council was also opening up space in front of Marischal College by demolishing dire slums and closes around Guest Row.

The tandem projects sought to make the city centre more pleasant and the beach more accessible as a holiday resort.

Existing "dismal" seafront access was described as "torturous and dangerous" and "repellant to visitors".

The council's dream of open space, a tree-lined boulevard with a dual carriageway, pleasant strips of grass, flowerbeds and seating was something of an antidote to the "decrepit houses".

In a continental fashion, the two tramways would sit at either side of the grassy strip, with the road on either side, and £14,000 was to be spent on a bridge to cross the Waterloo railway line.

By 1936, three-quarters of the old properties had been acquired, but not yet emptied.

Progress was steady but "unspectacular" because work could not start until all the remaining housing belonged to the council.

But on October 31 1935, the construction of the road from Justice Street to the beach did begin.

It was actually the erection of a building that marked the start of works, rather than the roadway.

Lord Provost Henry Alexander laid the foundation stone for the North Eastern Agricultural Co-operative Society premises in Bannermill Road.

The frontage was to form the retaining wall of the boulevard, and Provost Alexander said after 300 years of bright hopes and frustrations, there was "no turning back now".

But it would be another three years before 30 workmen broke ground at Linksfield Road on the section that would cross Queen's Links, with new tram tracks laid from there to the beach terminus.

The city engineer said the boulevard would be completed within 18 months to two years "unless unexpected delays are encountered".

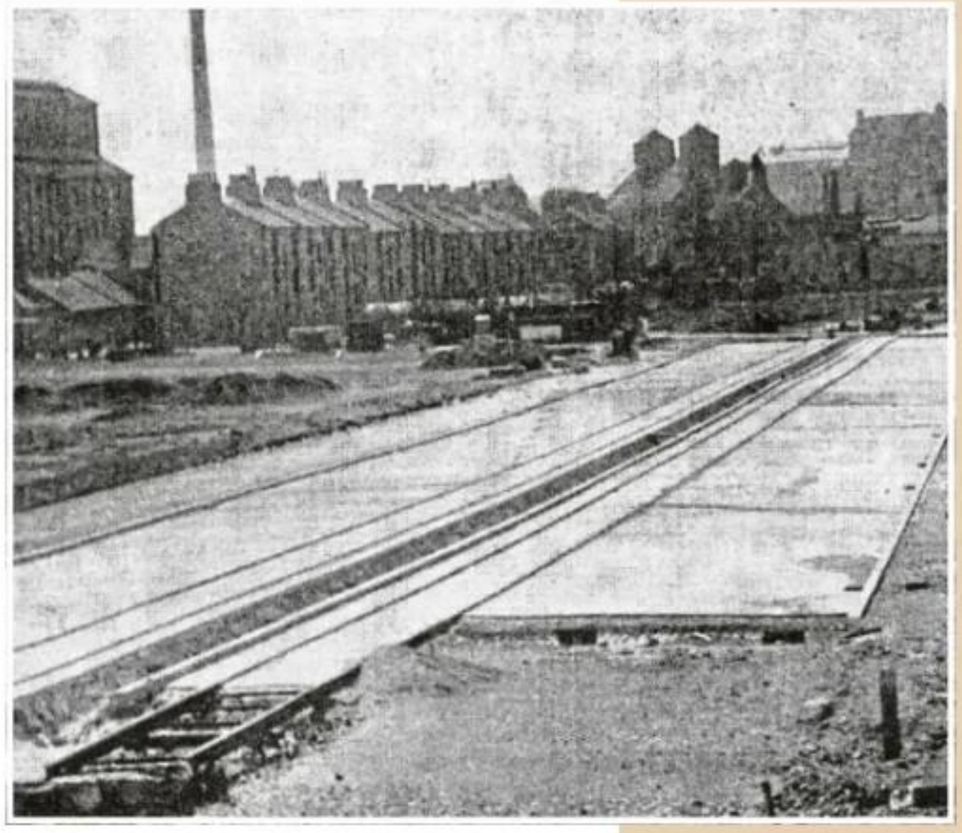
Less than a year later, Britain was at war with Germany.

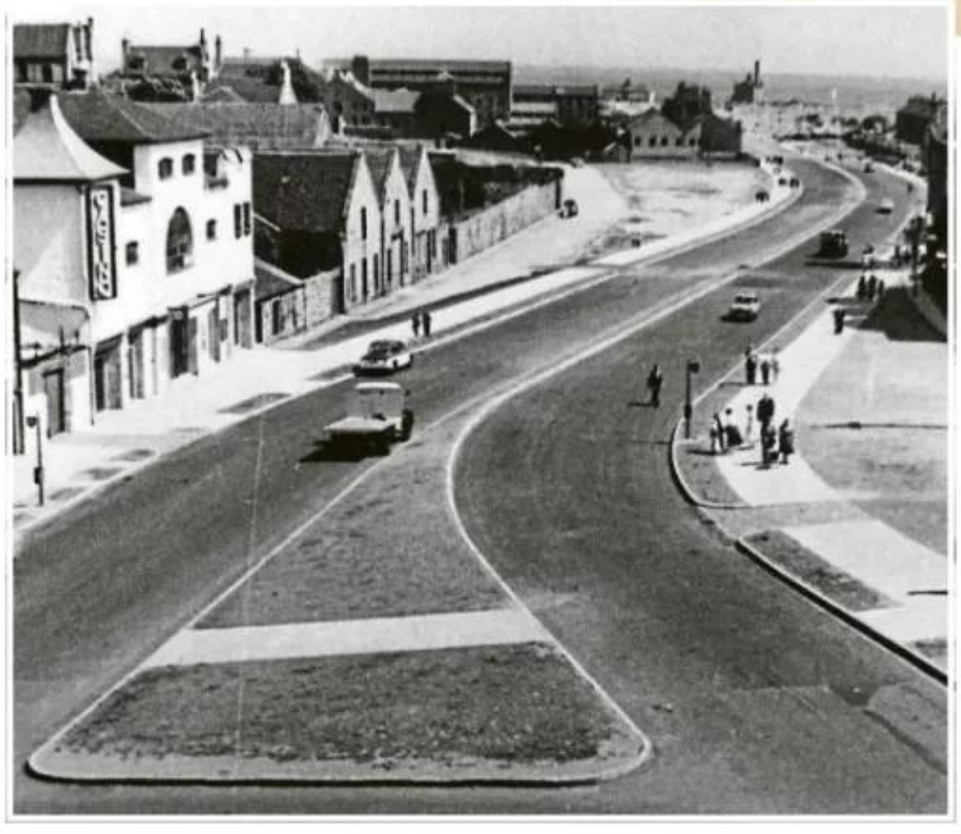
Progress slowed until it stopped, and by 1940 there was a short, dead end of boulevard finishing at the occupied slums that had not yet been demolished.

Even in its incomplete state, beach access was much improved for residents seeking

CONTINUES ON NEXT PAGE

SPOTLIGHT





Right, the Queen Mother, at the rear of the leading car, waves to the thousands of people who came to watch the Beach Boulevard opening ceremony in 1959. Left, from top, the first section of the boulevard was completed before the war in 1939; preparations in February 1957 for building work, and a work scheme saw construction begin again in autumn 1958.

FROM PREVIOUS PAGE

some respite from war. In the post-war years, the boulevard was going nowhere fast, and in 1949 alternative accommodation still hadn't been found for Albion Street residents.

With Britain facing near bankruptcy after the conflict, large-scale capital projects were quickly knocked on the head – and the boulevard was one of them.

By 1951, neighbouring residential streets like Commerce Street were becoming overcrowded and temporary bus stances on Wales Street caused congestion.

And a dead-end building site was of no use to anyone.

Citizens were still living in slums and boulevard plans passed between various council administrations.

Hopes Yet For That Boulevard

ABERDEEN'S pet project, the beach boulevard scheme, has been in the planning stage for over thirty years, but at last work may begin on it.

The boulevard became a political pass the parcel between various administrations and, with elections in 1952, it was at the top of everyone's manifesto.

Councillor Sutherland said completing the project would be one of his first aims. He proposed a motion to prioritise houses for people still in the properties needing cleared for the highway to the beach. By the following year, those working in the hospitality and tourism sector in Aberdeen were losing patience and branded the beach a disgrace.

The council admitted the beach was "isolated" through lack of a boulevard but argued the removal of leftover wartime tank traps was the government's responsibility.

Not only a blot on the landscape, the concrete blocks were another reminder that, if it wasn't for the war, the boulevard would long be complete.

Predictably, 1953 came and went, and in the Evening Express's Hogmanay gossip column of that year, the writer looked ahead 100 years to 2053. He jokingly predicted: "Aberdeen meet

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Top, the Sea Beach tram terminus in 1956; above, street lighting was installed in 1959.

Dundee in the Inter-planetary Cup on neutral ground. Both teams travel to Mars. Aberdeen's Beach Boulevard is being debated."

It was beyond a joke when, by the end of 1955, little progress had been made.

Nearly 30 years on, people who had lived in the slums as children now had children of their own.

But behind the scenes, the city engineer's department had been working on an amended plan, which was unveiled in January 1956 – but its completion hinged on Ministry of Transport approval.

The new scheme was not going to incorporate tram tracks – the council had already decided to scrap the entire fleet in Aberdeen.

With an impending national credit restriction, councillors doubted the government would sanction the project even within two years.

In 1957, further plans were placed before the council for the erection of five-storey housing blocks on Wales Street. These would create 68 houses with shops below, and help to clear remaining slums.

But in January 1958, the boulevard was still only a few hundred yards long having sat untouched since 1939.

Public-spirited Heather Williamson, then 16, lived around the corner in South Constitution Street and was utterly fed up of the neighbouring building site.

She told the Evening Express: "We boast about the attraction of our town, but when visitors see the approach to the beach it puts them right off."

Heather volunteered to get on with the job herself, but was saved from picking up a spade when the government agreed to fund £135,000 needed to finish the project. In summer of 1958 a scheme was launched to tackle unemployment and, in Aberdeen, the completion of the boulevard would provide direct labour.

With contractors and tenders, the job would be dragged out further, but direct labour brought a workforce ready to start.

Progress was made at pace and, after 160 years, the city was finally going to have a "bonnie boulevard" to cement its holiday resort status.

The route was predicted to open in January 1959, but snow, ice and frost delayed work.

When it was announced the Queen Mother would declare the new route open on May 25, workers had no option but to crack on.

If ever there was a red-letter day in Aberdeen, this was it. Along with the widening of the Bridge of Don, it was the biggest post-war project in the city.

Schoolchildren were given the afternoon off and crowds thronged the new boulevard as far as the eye could see. Children broke free of the barrier and police officers to surge forward to the Queen Mother, who bent down to speak to them.

She was also granted Freedom of the City to mark the century-long realisation of the route. In declaring the boulevard open, she said: "This fine gateway to the sea will prove a benefit and a pleasure to the citizens.

"The very close personal ties which exist today between my family and this city date from that day over 100 years ago, when Queen Victoria landed in Aberdeen."

She said Aberdeen was an example to the world of what can be achieved by hard work and added: "Here there was no easy road to success, this great city has been created in a spot with few natural advantages.

"I am happy to know that the vision which helped your predecessors to build so well is still with you today."

INTERVIEW

By Andy Morton

Teen set for world finals of CrossFit

Alfie Stott swapped motocross for the fitness discipline after serious injury. Less than two years on, he's competing against the sport's best

Alfie Stott qualified for the CrossFit world finals. Pictures by Darrell Benns.

It is 3pm on a recent Friday and Alfie Stott is powering through some back squats, working on his handstand walks and planning a trip to a field near Newburgh to push around some hay bales.

It is not the afternoon of a typical 15-year-old. But Alfie is not a typical teenager.

From Aberdeen, Alfie is a former motocross rider who, after suffering a nasty wrist injury in a crash, discovered CrossFit, a high-intensity fitness sport combining weightlifting, gymnastics and endurance. When we speak at the end of July, less than two years after taking up CrossFit, he is preparing to travel to San Jose for the CrossFit Games, the pinnacle of the sport.

Competing against the world's best CrossFitters in his age group, he is getting ready to battle for the title the multi-disciplinary sport likes to give its champions – the fittest 14-15-year-old boy in the world.

To get there, he's had to give up many of the things normally associated with being a teenager.

Alfie left Bucksburn Academy just before the summer, partly to focus on his training for the CrossFit Games and because he plans to study sport at NESCol next term.

But while his friends are spending their summer going out and partying, he's been training at his gym, CrossFit Aberdeen, from 8.30am to 5.30pm five or six days a week.

And when he's not training, he'll be doing recovery sessions in the swimming pool or sauna, catching up on important sleep or trying to hit his target of 4,000 calories a day.

But does he think he's missing out? Not a bit of it. "I just don't see the point of it," he says of typical teenage pursuits like parties and social media.

Those around Alfie say it is this mindset that really sets him apart. "He's one of the special ones," says Holly Tynan, Alfie's training partner at CrossFit Aberdeen.

Holly, 25, is also preparing to head to San Jose when we speak, to compete in the women's CrossFit Finals, becoming the first athlete from the Republic of Ireland to make the 30-strong event.

She knows exactly what it takes to get

For more fabulous features **scan here**

PEAK FITNESS: Top, Tia-Clair Toomey-Orr at the Rogue Invitational at P&J Live. Alfie Stott and Holly Tynan, centre image, have qualified for the CrossFit Games world final. Above, CrossFit star Jeffrey Adler.

to the top. "He's committed," she says. "He comes in here every day and doesn't really question what we're going to do. He just says: 'Yeah, we'll do it.'"

It is a determination Alfie's dad Peter Stott has seen time and again. "For his age, it's rare to find somebody that's that committed and dedicated," he says. "He comes home, he goes to the gym, he trains."

Alfie's route into CrossFit began... well, by accident. A motocross rider from a young age, he raced competitively for years and at one stage finished runner-up in his Scottish championship category. But in 2023, he came over a jump during a training session to find another bike on the landing after a rider had crashed ahead of him.

With nowhere to go, Alfie hit it and badly broke his wrist. He returned to racing, but the injuries kept coming.

"I kept getting hurt," Alfie says. "All year, I kept getting hurt, and I just kind of had enough of it."

CrossFit initially entered the picture as a way of helping his injured wrist.

Alfie's dad Peter is head of operations at P&J Live, the Aberdeen indoor arena. Last year, the venue hosted the Rogue Invitational and Peter got talking to CrossFit Aberdeen coach Rob Lawson about his son's injury.

Rob suggested Alfie come along to the gym to help strengthen his wrist.

At first, Alfie was not very interested. "I didn't really enjoy it too much," he says. "I just wanted to race."

But he continued going and, as he began training more regularly, he started to enjoy it. He quickly noticed something else, too.

"I kind of realised maybe I was pretty good at this," he says. Alfie's real breakthrough came while qualifying for San Jose.

He was sitting around 100th after the opening stage before steadily climbing the leaderboard in later rounds. Even then, he did not expect to qualify for the finals. But after video reviews and penalties were applied, Alfie moved into a qualifying place.

"It didn't feel real, to be honest," he says. "I knew it was other people's poor movement that got me in, so it didn't feel as good as I would like it to. But it's still a great feeling."

Now he will line up against the best 14 and 15-year-old CrossFit athletes in the world.

His target is typically understated. "I'd like to be in the top 10," he says. "I think that's probably a reasonable goal."

For all his hard work, Alfie says one of the biggest differences between CrossFit and motocross is the people around him.

"Once you start racing, no one's really friends," he says of motocross. "You're all against each other, trying to beat each other."

CrossFit, he says, is different. He trains alongside Holly and other serious CrossFit athletes coached by Rob and his team.

"They all just help when we train," he says.

Peter believes the gym community has helped bring the best out of his son.

"The spirit and camaraderie in the gym is something I've never seen before," he says. "In other sports, everyone's always trying to get the upper hand on everyone else.

"Whereas this is the opposite. It's trying to help improve and guide everyone."

There is another reason Peter is pleased his son moved away from the high-risk sport of motocross.

"It's a lot easier watching him compete in CrossFit than watching him race," Peter says.

"You still get nerves because you want him to do well and you want the best for him, but it's definitely a lot easier on the heart!"

Alfie's success at CrossFit Aberdeen helped lead to an unprecedented achievement.

In the decade or so since Rob and wife Kirsten opened it – first in a gym on Urquhart Road and, for the past year, in much larger warehouse premises at the harbour on St Clement Street – no CrossFit Aberdeen athlete had made it to the sport's world finals. This year, in Alfie and Holly, they have two.

"It's just testament to what Rob does," says Peter. "The quality of the gym, the programming and the guidance they give."

Holly believes having two athletes qualifying for San Jose also says something about how far CrossFit in Aberdeen has come.

"It kind of shows that the gym we have and the training we do, it works," she says.

She also points to the arrival of the Rogue Invitational last year, which brought some of the biggest names in strength and fitness to Aberdeen, including CrossFit star Tia-Clair Toomey-Orr, Icelandic strongman Hafthor Bjornsson and Invergordon's three-time World's Strongest Man Tom Stoltman.

So, is Aberdeen becoming the CrossFit corner of the UK?

Holly laughs. "This should be the CrossFit corner of Europe," she says, "not just the UK."

HEALTH

By Rosemary Lowne

Former Aberdeen FC sports scientist **James Walker** opens sauna and water sports venue at Collieston

James takes beginners for lessons within the harbour.

James Walker quickly switches off from everything else that's going on in life while on the water.

Floating on the water while listening to the soothing sounds of the waves, it's fair to say that James Walker must have one of the best offices in the world.

Taking the plunge, the tenacious 29-year-old left his job as sports scientist at Aberdeen Football Club to open his very own sauna, paddleboard and kayak business at Collieston.

But it was a risk that was worth taking as James, a former Ellon Academy pupil, says he is living the dream by bringing health and wellbeing to his local community via Forvie Outdoors.

"It sounds a bit cliche but when you're out on the water, you forget about what you were stressing about before," he says.

"Usually, it's really quiet and the only noise you can hear is maybe some of the seabirds and maybe the gentle swaying of the water and the waves against the rocks.

"I love the calmness of it all. You find yourself very quickly switching off from everything else that's going on."

Sporty as a child, James always had a love of health and fitness. But his path to setting up his own wellbeing venture is far from linear.

"I'd never done loads of water sports when I was like a young kid, I mainly played football," he says.

"But when I was a teenager we'd go on holidays up to the Highlands and I tried some kayaking, whitewater rafting and water skiing.

"And I really loved it."

James also has fond memories of going to Collieston as a child with his mum Lynne.

"I grew up in Ellon, which is about 10 minutes from Collieston," says James. "But Collieston was my favourite spot and that's where my mum would take us to the beach.

"And then in high school, one of my friends lived in Collieston so we were always at the beach."

After school, James went to Robert Gordon University to study sports science.

In his third year, he landed an internship at Aberdeen Football Club before securing a full-time job at the club as a sports scientist.

"I worked with the club's youth academy,

For more health and wellbeing stories **scan here**

SPLASH HIT: The former Ellon Academy pupil says he is living the dream by bringing health and wellbeing to his local community. Pictures by Kath Flannery.

'I had spent a good amount of time working in football so I felt I had ticked that box for now. It was just the right time to take a chance on something else'

so we focused on athletic development. So it's about trying to make them fitter, faster, stronger, more powerful and more robust.

"A lot of the development work focused on gym sessions, pitch sessions and rehabilitation from injuries."

It was in 2019 when a trip out for his mum's birthday changed the course of James's life.

"I took my mum paddleboarding for her birthday and we both really enjoyed it, says James.

"So then we bought a paddleboard and a kayak. During lockdown we would go to like places like Collieston to paddleboard and kayak.

"It was then that I thought: 'I'd love to do this as a job as it would be so cool to be out on the water all the time.'"

As his love for the water sports grew, James decided it was now or never, and opened up Forvie Outdoors.

"Last summer I took a leap of faith as I left my job and decided to open up my paddleboard, kayak and sauna business," he says.

"It was now or never, so I just went for it.

"I had spent a good amount of time working in football so I felt I had ticked that box for now.

"It was just the right time to take a chance on something that I really wanted to do."

James now offers beginners paddleboard lessons and paddleboard tours as well as kayak tours.

"I take beginner paddleboarders for lessons within the harbour so it's nice and sheltered, because it can be a bit daunting going out to sea to start with," he says.

"I also do coastal tours to Hackley Bay and Slains Castle, as well kayak tours too."

And as part of his wellness venture, James also runs Teth Sauna, which has proved to be popular.

"I built the sauna myself," he says. "It's a converted horsebox with a wood-fired sauna.

"So people can enjoy public sessions or hire it privately.

"It's been great as loads of people swim in Collieston then come for a sauna after, or some people do the sauna and then dip before heading back in."

James says it's so rewarding to see the impact his new wellness venture is bringing the community.

"It's great to hear people saying it was the highlight of their day," says James.

"There's loads of other spots in the north-east that you can take people paddleboarding, but I think Collieston is a really special place.

"It just has this energy and draw about it that pulls you in and it really grabs on to you."

Together with his sauna and water sports, James also organises free social swims.

"I try to run free social swims at Collieston Harbour," he says.

"Just keep an eye on my social media page for the details."

For more information about Forvie Outdoors, check out the Instagram page @ forvieoutdoors and Teth Sauna @tethsauna and the Facebook page facebook.com/forvieoutdoors

STREET STYLE

Karla Sinclair checks out the best styles at this year's Turriff Show

Kate Middler

37, Oldmeldrum

What do you do for a living?

I'm a primary school teacher.

What are you wearing?

My shoes are Ariat, skirt is maybe Chicwish, white shirt is Asda and jacket is from Vinted – I think it's Asda as well.

How would you describe your style?

It depends on my mood. I sometimes go country chic, sometimes more alternative.

Who is your style icon?

That's a difficult one. There's a girl I follow on Instagram called Sammi Jefcoate, and I really like her style. Lainey Wilson, the country singer, too.

What's your favourite thing about Turriff Show?

Speaking to people and seeing all the cool stuff. It's a great show. I love it.

Chloe Robb

30, Alford

What do you do for a living?

I'm a children's nurse.

What are you wearing?

I've got a black dress from Abercrombie, my shoes are Shein, and the jacket... I have no idea. The bag is Dune.

How would you describe your style?

Pretty basic.

Who is your style icon?

She's called @whatemwore on Instagram.

What's your favourite thing about Turriff Show?

The socialising.

Euan Gray

28, Turriff

What do you do for a living?

I'm a farmer.

What are you wearing?

A Ralph Lauren shirt, RM Williams belt and boots and the jeans are Levi's.

How would you describe your style?

Like a farmer.

Who is your style icon?

I don't have one.

What's your favourite thing about Turriff Show?

Bumping into old and new friends.

Kate Fowlie

31, Alford

What do you do for a living?

I'm a vet nurse.

What are you wearing?

My top and trousers are Zara, trainers are Adidas, bag is from Vinted, necklace

For more Street Style **scan here**

and earrings are Oliver Bonas and the bracelets are New Look.

How would you describe your style?
Sometimes a bit bold.

Who is your style icon?
Georgia Louise on Instagram.

What's your favourite thing about Turriff Show?
The beer tent.

Kim Mcarthur
66, Aberdeen

What do you do for a living?
I'm the manager at the British Red Cross shop on Union Street.

What are you wearing?
I'm wearing Paige jeans and an Amanda Wakeley jacket, both from Harvey Nichols. The blouse is Biba, shoes are Grenson, Gucci sunglasses and a Hermes belt.

How would you describe your style?
Different.

Who is your style icon?
The Princess of Wales. I don't really follow other people, though. I like what I like.

What's your favourite thing about Turriff Show?
I've come to the Turriff Show every year for the past 20 years. I like to support local and celebrate Scotland.

Ashleigh Stewart
26, Fordyce

What do you do for a living?
I'm a farmer, and I'm also currently studying rural animal health at SRUC in Aberdeen.

What are you wearing?
Everything's from Shein apart from the boots, which are from Fairfax and Favor.

How would you describe your style?
Farmer chic.

Who is your style icon?
Jade Holland Cooper.

What's your favourite thing about Turriff Show?
I just love the social and agricultural aspects. All the local farmers bring their best produce, so it's really nice to see.

TAKE 5 BEAUTY TOOLS

Gua sha are facial tools that help to improve circulation, release tension and reduce puffiness. **£15**, Green People

Use a face oil to help these massage stones, traditionally made from rose quartz or jade, glide over the skin. **£14**, Sephora

FaceGym's multi-sculpt tool has six different edges designed to depuff, define and plump up fine lines. **£50**, cultbeauty.co.uk

This gua sha-inspired tool uses six hot and cold settings to refresh, soothe and define your face. **£180**, Boots

This stainless steel gua sha from Ishga can be popped in the fridge for a cooling facial massage. **£25**, uk.ishga.com

OUT & ABOUT

Munro of the Month with Robert Wight, in association with The Scots Magazine

Looking along Glen Shiel.

They're like nothing else in Scotland... so fall in love with The Five Sisters of Kintail

The classic view of The Five Sisters of Kintail – of which Sgurr Fhuaran is the highest – is from a layby on the Glenelg road as it climbs steeply through Ratagan Forest.

They form a vast mountain wall, five shapely, pointed peaks surging up from Loch Duich. It's no wonder the Gaelic name for the range was Bheinn Mhor – "big mountain".

The sheer scale of the mountains in this part of Glen Shiel – particularly those on the north side, which include the Sisters – is something to behold. I can't think of anywhere else in Scotland where hills of such bulk rise so steeply from so close to the roadside. The effect is quite intimidating.

The Five Sisters and much of the surrounding area – including the spectacular Falls of Glomach – have been owned by the National Trust for Scotland since 1944. From the

Unique and intimidating, The Five Sisters of Kintail rise steeply from close to the roadside.

Safety first

It is important to note that hillwalking when there is snow lying should only be undertaken by those with experience and the correct equipment. Routes covered in these pages are for summer conditions.

For more outdoors features **scan here**

Flora and fauna abound in the environs of the Sisters, while the Ratagan Pass affords a fine viewpoint.

east, The Five Sisters are Sgurr na Ciste Duibhe (Munro), Sgurr na Carnach (promoted to Munro status in 1997), Sgurr Fhuaran (Munro), Sgurr nan Saighead and Sgurr na Moraich. The traverse – usually completed from east to west – is one of the Scottish mountaineering classics and the route I recommend.

Most walkers want to climb the Munros at least, and it is possible to descend from Sgurr Fhuaran's north-west ridge. It's a punishing descent, however, and if the River Shiel is impassable it's a rough, pathless walk to Shiel Bridge.

Far better to carry on over the fine peak of Sgurr nan Saighead – perhaps the most exciting hill in the group. The descent to Ault a' Chruinn can be made from the north-west ridge of Beinn Bhuidhe, but purists will want to continue to the fifth Sister, Sgurr na Moraich.

It's a good idea to leave a vehicle at Ault a' Chruinn as you're now 12km (7.5 miles) by road from the start point.

The Route

There's a parking area on the north side of the A87 road down Glen Shiel. It's near the site of the Battle of Glen Shiel and directly below the Bealach an Lapain.

It's the bealach that's the first target of the day. From the parking area, climb alongside an area of forestry – the slope is very steep, wet and unrelenting. The bealach is at 725m (2,379ft) and it'll be a relief to reach it.

The route lies west – a twisting ridge of grass and rock, narrow in places, that rises and falls into the distance. A couple of tops are traversed – the first being Sgurr nan Spainteach – before the Munro of Sgurr na Ciste Duibhe, 1,027m (3,369ft) is climbed.

The second Munro, the 1,002m (3,287ft) Sgurr na Carnach, is reached by descending west then north-west to the Bealach na Craoibhe, from where the summit is a short ascent north. But Sgurr Fhuaran is the highlight.

First, descend north to the Bealach na Carnach, then climb a steeply zig-zagging path to the summit. Continue over Sgurr nan Saighead – a fine, pointy, rocky peak that gives the airiest feeling of exposure you'll get all day.

The ridge continues to Beinn Bhuidhe. Those with energy will stick with the ridge, descending north-east then climbing north-west to the final Sister, Sgurr na Moraich. From the summit, head along the north-west ridge for several hundred metres, from where a steep descent can be made to a path above the Allt a' Chruinn, which can then be followed out to Ault a' Chruinn.

Sgurr Nan Spainteach

The first peak traversed en route to The Five Sisters is called Sgurr nan Spainteach, meaning "peak of the Spaniards".

It was named in honour of the Spanish troops who fought alongside Jacobites against the British Army at the Battle of Glen Shiel, the culmination – and the only battle – of the 1719 uprising.

The battle, on June 10, saw around 1,000 Jacobites, and perhaps 300 Spanish soldiers, defeated by a contingent of British Government Redcoats – mostly Scottish troops – led by General Joseph Wightman.

This was the last engagement between foreign and British troops on UK soil.

The Spaniards were an advance party for an invasion fleet carrying some 5,000 soldiers from Spain. As with the Armada more than a century previously, bad weather wrecked the ships.

Following this defeat, the Spanish troops then fled over the mountain that is now named after them. The outlaw Rob Roy MacGregor also fought for the Jacobite cause at the battle.

Recommended route

Start grid ref: NH005136
Distance: 12km (7.5 miles)
Ascent: 1,600m (5,249ft)
Time: 9hrs
Location: Shiel Bridge is 5km (3.1 miles) north-west of the summit. Facilities are limited but there is a campsite, hotels, inns and places to eat in the surrounding area. There's also a youth hostel nearby at Ratagan.
Fact: The five peaks collectively known as The Five Sisters of Kintail include three Munros – Sgurr Fhuaran, 1,067m (3,501ft); Sgurr na Ciste Duibhe, 1,027m (3,369ft); and Sgurr na Carnach, 1,002m (3,287ft).

Richard Jones and family cruise the Med and make a surprising discovery – that even demanding teen kids love this ship of dreams

Family holidays can be a minefield, particularly when you have teenagers in tow.

But as the four of us soaked up the sun at the stern of MSC Meraviglia, I appeared to have finally cracked it.

"Three more pina coladas, Mr Jones?" uttered a calm voice, nudging me from my partial slumber. "And a virgin pina for Miss Evelyn?"

Not only was the waiter about to quench our thirsts with delicious cream of coconut, pineapple juice and rum cocktails, more importantly, everyone was happy.

The main goal for family breaks is spending time together, but everyone needs to be able to get what they want out of the holiday. A week-long half-term Mediterranean cruise with MSC allowed us to do just that.

After boarding a Jet2 flight from Edinburgh to Naples, my wife Rachel and I, along with our two teenage daughters Isla, 19, and Evelyn, 15, boarded the magnificent Meraviglia.

Rachel and I spent the week in a Deluxe Balcony Cabin, two doors down from Isla and Evelyn.

Spacious and immaculately cleaned by our friendly steward Arwi, it felt like we were residing in a luxurious five-star hotel rather bunking up on a cruise liner.

Exploring the ship, we found plenty to see and do, and the complimentary MSC For Me app enabled us able to book restaurants, spa treatments and excursions. We spent many an hour relaxing around the main Atmosphere and Bamboo Pools on deck 15, while occasionally heading through the glass doors into the huge Marketplace Buffet for snacks and lunch.

If wellness floats your boat, the Balinese-inspired MSC Aurea Spa, where Rachel and Isla checked in for massages with therapists Liberty and Sunita, is a tranquil haven.

In an effort to stay shipshape, I'd jog a few laps around the 328m-long running track most mornings, while the girls worked out in the gym.

There is also the high-energy Amusement Zone, the multipurpose MSC Sportplex, and the Arctic-themed Polar Aquapark and Himalayan Bridge on deck 19.

On an evening, most of the ship's entertainment is based around the spectacular Galleria Meraviglia promenade, with its LED sky screen flanked by luxury boutiques and restaurants.

We posed for family portraits on the glittering Swarovski crystal staircases during the themed dress nights, before grabbing a cocktail at the Champagne Bar.

The Broadway Theatre is open twice every evening, and the four of us took seats for their musicals-themed song-and-dance spectaculars, as well as Bruno Mars tribute act, Jeff Dingle.

As far as food and drink is concerned, the ship has a dozen restaurants and 20 bars and lounges to eat, drink and be "Mera" at.

Each morning and evening, we'd dine in

TRAVEL FACTS

Cruise:
A seven-night Mediterranean sailing on board MSC Meraviglia, departing from Naples during summer 2026, is available from £816pp. See msccruises.co.uk

Flights: For flights to Naples and other popular European cruise destinations from most major UK airports, including Edinburgh, go to jet2.com

Airport: A room at DoubleTree by Hilton near Edinburgh Airport with nine days' parking at Secure Airparks is available from £521.43.
Entry into the Escape Lounge at Edinburgh from £41.99pp. holidayextras.com

For more travel **scan here**

WE ARE SAILING: The ship's Polar Aquapark on deck 19 is all screams and thrills, main picture, while the majestic MSC Meraviglia, below, plies her sedate course around the Mediterranean. Below left, the vessel's spectacular Galleria Meraviglia promenade with its LED sky screen. And even if that doesn't float your boat, try waking up in a new place each morning, like Marseille, below right.

the Panorama Restaurant, where helpful servers Alvin and Mandi made a fuss of gluten-free Isla.

We were also booked into two premium restaurants – the stylish, American-style steakhouse Butcher's Cut, and Kaito Teppanyaki, where chef Jerome entertained us with jokes, knife-juggling and five courses of delicious Japanese food around a hot plate.

Before and after dinner, Rachel, Isla, Evelyn and I would watch the salsa and ballroom dance classes in the Meraviglia Bar & Lounge, and listen to live music at our favourite hangout, the British-style Brass Anchor Pub.

With all this on the ship, you may be tempted to stay on board when the liner pulls into port. But my favourite part of any cruise is waking up in a new place each morning, and Meraviglia's summer itinerary sees it dock at some incredible Mediterranean destinations.

Our first stop was Tuscany's "Little Venice", Livorno, which many sailors use as a gateway to Florence and Pisa.

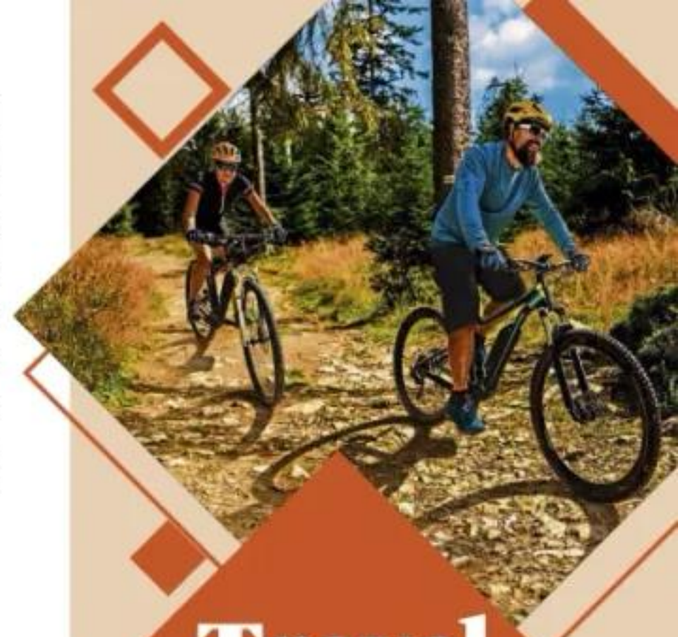
We then dropped anchor in bustling French port Marseille, where the four of us strolled around the harbour and the historic Le Panier district. The third, and our favourite, port of the week was Barcelona.

Isla had drawn up an itinerary beforehand, taking us on a walking tour around the Catalan capital's major sights, including Gaudi's magnificent Basilica de la Sagrada Família and The World Begins With Every Kiss mosaic mural. From there, the ship sailed south-east to North Africa, docking in La Goulette in Tunisia, where we were booked on a beach day excursion in Hammamet, before the ship made its final stop in the vibrant Sicilian capital Palermo.

During our final evening on the ship, the four of us ventured up to the Horizon Pool, which transforms from a relaxing adults-only sunbathing spot during the day into a vibrant socialising hub at night.

With the latest pop and R'n'B tracks on the DJ decks, Isla and Evelyn were in their element, singing and dancing – and, believe it or not, seemed content spending time with their cringeworthy parents.

As far as selecting a perfect family holiday, my ship had finally come in.



Travel news

Family holidays might look idyllic on paper, but travelling with toddlers or tetchy teens often doesn't go exactly to plan.

In Meribel, at the heart of the Three Valleys in France, the new Explorer Pass is designed to make things easier – giving families access to more than 30 activities in one simple pass, with plenty to keep everyone entertained.

From mountain adventures for kids to moments of relaxation for parents, it allows families to stay flexible around moods, energy levels and weather.

Available from £60 for three days or £86 for six days (valid until August 29), it's an easy way to keep a family holiday running smoothly.

At the core of the Explorer Pass is unlimited pedestrian lift access, opening up Meribel's vast network of hiking and mountain biking terrain. Visitors can effortlessly ascend into high alpine landscapes before choosing from ridgeline walks, forest trails and panoramic viewpoints, or downhill biking routes through meadows and woodland.

The pass includes access to the swimming pool and ice rink at the Meribel Olympic Centre, offering an easy indoor option when energy levels dip or the weather turns. Kids can make straight for the pool's slides and flumes, while parents relax nearby or join in, and the ice rink provides a simple change of pace with casual skating sessions.

Visitors can make the most of Meribel's outdoor sports offering with access to the golf driving range and tennis courts, set within the resort's alpine setting. At 1,700m, the 18-hole golf course winds through forests and alpine pastures.

The Explorer Pass combines guided hikes with a range of family-friendly outdoor activities. Guided walks bring the terrain to life, highlighting local wildlife, mountain heritage and hidden viewpoints, while interactive treasure hunts add a playful layer. Families can make the most of hands-on experiences, including inflatable adventure parks, pony rides in alpine meadows and visits to mini farms.

E-biking in Meribel is ideal for more adventurous days out with older teens, offering a fun way to cover more ground without the constant physical strain of uphill riding. E-bikes open up a mix of valley trails, forest tracks and lift-accessed mountain routes across the wider Les Trois Vallees area.

The pass also gives parents a well-deserved chance to slow down and recharge. Yoga and wellness sessions make the most of Meribel's peaceful mountain setting, with open skies and panoramic alpine views.

skipass-meribel.com/en/explorer-pass

RENOVATION JOURNEY

As told to Rosemary Lowne

Lyn and Colin Goldsworthy transformed a new-build into a warm, character-filled coastal home, proving personality doesn't have to come with period features

Here, Lyn shares their amazing renovation journey.

"Our last house was a beautiful Victorian property.

As an interior designer, I loved it as there was so much scope to do things with it... and it needed a lot! Needless to say, it also needed a lot of money thrown at it, so there were downsides.

My son was in his early teens at the time and went to high school in Stonehaven. I was also driving him back and forth every day and he didn't have the independence he needed to hang out with his friends.

So we chose to move back to Stonehaven for a few years until he finished school.

In the St Leonards Court development, the townhouse next door was available for rent, so we moved in there to use as a base while starting our house hunt.

Every room has been thoughtfully designed, with tranquil bedrooms, a stylish bathroom and an inviting garden creating a relaxing coastal retreat.

Unexpectedly, we ended up loving living there so much, we tried to buy the one next door, only to discover it was sold off-plan before the development was even finished!

However, lo and behold, somehow the sale fell through and we were next on the list to be offered. So we scooped it up and have never looked back!

I'd always loved period properties and had convinced myself that new-build homes lacked character. But once I saw the incredible quality of light and uninterrupted sea views, I changed my mind.

I realised the house had wonderful proportions, great flow and a calm simplicity – it simply needed personality.

Drawing on my background in interior design, I set about creating a home that felt warm and timeless rather than 'new build'.

Inside, the living space is spread over three floors and includes four bedrooms and three bathrooms with sea views.

When we moved in, there was no flooring so we chose high-quality, light, wooden flooring for the ground floor, fabulous monochrome stair runners and for the upper two floors, we went for Kahrs engineered wood flooring, which has wonderful ridge textures in it that undulate like the waves of the sea.

Over the next few months, we set about repainting the walls, skirtings, door casings and bannisters with a beautiful, calm shade of Neptune paint.

We also designed and added in a kitchen island as the space was quite large but we felt it was under-utilised.

STRIKING: Thoughtful touches include bespoke shelving on the upstairs landing, a calming palette of natural tones, quality wood flooring and carefully chosen furnishings and artwork, while the light-filled lounge makes the most of the ever-changing views.

Property info

Who

Lyn Goldsworthy, who has worked as an interior designer and has recently retrained as a hypnotherapist, and her husband Colin, an engineering consultant.

What

A new-build townhouse which is set over three floors.

Where

2 St Leonards Court, Bath Street, Stonehaven.

We refitted one of the bathrooms to install a shower and towel rails, and re-tiled it as we weren't keen on what was there.

In our en suite, we incorporated an aged stone tiled feature in the middle of the floor, along with a ceiling height, wall to wall mirror – to maximise the sea views – and a reclaimed wood shelf cistern unit.

On the middle floor there is a long hallway with a large window at the end, so we had some bespoke carpentry to add bookshelves there, which provides a lovely, calm little reading area.

The best decision was in the master suite, where we designed a fabulous seating area in the bay window, with built-in storage, where we sit with a book or a coffee, and make the most of the wonderful views.

In terms of interiors, the sea became my biggest design influence. I wanted the interiors to feel calm, light and timeless, with natural woods, soft colours and carefully placed mirrors that reflected both the daylight and the wonderful coastal views throughout the house.

Personally, I love clean lines and uncluttered spaces, but as a designer, I'm a secret maximalist at heart.

I much prefer adding personality through artwork, textiles and collected pieces than through permanent features.

We've been fortunate enough to live in both Paris and Mallorca, so over the years we've collected artwork, furniture and accessories that each hold special memories.

For me, I love that our home reflects those experiences rather than looking as though everything was bought in one shopping trip.

Our renovation went as planned as we did it considerately.

We elevated the house while retaining the design so as not to compromise on the harmony of the build, and chose higher-end products, which have stood the test of time.

Overall, it has been an incredibly happy home. I still never tire of the changing light on the sea or sitting on the window seat with a coffee and a good book.

My advice for anyone else who is renovating their home would be: 'Don't be afraid of a blank canvas.'

Every property has potential, and with a little vision, patience and courage, you can make any house into a home."

2 St Leonards Court, Bath Street, Stonehaven, is on the market for offers over £335,000. To arrange a viewing contact Raeburn Christie Clark and Wallace on 01569 762947 or visit aspc.co.uk

TAKE 5 INTERIORS

Terracotta shades like Farrow & Ball's Red Earth add warmth and depth to small spaces. **£59**, B&Q

This retro-inspired oak sideboard is a timeless staple. **£1,006**, Homebase

A sculptural light will elevate modern and traditional decor. **£72**, Habitat

This faux-leather sofa is a stylish nod to mid-century design. **£465**, Argos

Use a cosy, statement rug to anchor a room with added texture and style. From **£170**, benuta.co.uk

GARDENS

With the Ginger Gairdner, **Brian Cunningham**

NATURE'S BALM: Plants can provide a calm and relaxing atmosphere in an indoor environment.

Without access to a garden, let's not forget how the great indoors can satisfy our green fingers

Since the age of 17, one way or another I've always had the luxury of an outdoor space of my own to garden in. Even when I've lived in a flat, my day job has always taken care of my gardening needs.

Just now, I have the luxury of both, which sometimes makes me feel guilty as I realise some gardeners have no plot at all to enjoy themselves in and to get that opportunity to spend time at peace outdoors among the sounds of nature, with the warm sun on their back and soil running through their fingers as they carefully nurture their favourite plants.

Thankfully, in a situation where those of us who love gardening have no outdoor space to access, there are plants suitable for indoors which will give the same colour, sense of relaxation and calm as in the outdoors.

Just like in our gardens, our homes are not always suitable for growing any old houseplant from garden centres, supermarkets and even DIY stores, so we must consider the right plant for the right place.

One of the most familiar is the peace lily – botanical name Spathiphyllum wallisii. It does not appreciate intense sunlight but keeping this plant in a nice bright spot will encourage more flowers. If it is kept in a darker room, it might become more of a foliage-type plant, which is no bad thing.

The flamingo flower is a showy plant with red or white waxy flowers. This is a good example of the benefit of moving a plant to different positions or rooms in our home to get light levels just right. It is another plant that doesn't like direct sunlight, as its leaves will brown. In winter, it will appreciate the additional light of a brighter spot so the colours of the flowers don't fade.

Temperature-wise, if we're comfortable in the room where these plants are being kept then so will both of them be – but keep them away from draughts. Quite often we place plants on our windowsills then, especially in winter when we close the curtains, they're unhappily trapped in the colder air which can sometimes kill them.

Watering is one of the big challenges when keeping houseplants, due to the amount of warmth and sunlight being different in every room and in every home.

With a peace lily, signs when this plant need a drink are the foliage could be wilting. Always aim to keep the growing compost just moist to the touch. During the summer this may mean a drink up to three times a week – reduced to as little as once a fortnight over the darker winter months.

Adiantum raddianum is a delicate plant with bright green, papery leaves on long, black, elegant stems. Like lots of houseplants, the maidenhair fern naturally thrives in tropical rainforests or damp mountain cloud forests, yet we are trying to grow them in our Scottish homes which, in winter, have dry air due to central heating systems.

This plant may react negatively, browning at the tips of the leaves if the conditions aren't right. Warm and humid conditions found in bathrooms may be the right spot for this plant, which can also be created by simply misting the air around them a few times during the day.

Another solution is to grow all the plants mentioned above together in a tray containing clay pebbles. The water that gathers in the tray during watering will evaporate during warmer weather, with the moist air rising into the jungle of foliage above which the plants will love.

The plants discussed above are tropical plants but, for conditions created by warm and bright, south and west-facing windows, think desert plants. These are plants such as cycads with their palm-like foliage, and cacti and succulents that have thick, fleshy stems used for storing water to help them cope with their environment. The crinkle leaf plant and the jade plant or money tree are two attractive examples.

Plants that can thrive in the home include succulents, cacti and palms, but they all require the right spot.

Plants that like dry conditions prefer a free-draining compost, but it is not the same for all houseplants. Kentia palm, which comes from Lord Howe Island off the east coast of Australia, enjoys a potting mix with added composted bark and leaf mould.

Aren't garden centres great these days? You can get bags of compost and plant feed for virtually every garden situation or specific plant. In this case, hunt down the houseplant mix, or the cacti mix for those plants that prefer more arid conditions.

If, like me, you live in an older property with smaller windows which is therefore darker inside, don't look any further than a begonia. The leaves, which come in a variety of shapes, textures, edges and colours are suited perfectly for these situations, adding much-needed vibrancy and interest.

As I enjoy spending as much time as I can outdoors, I've never really given houseplants much of a look. There's definitely a whole new gardening world out there for me to discover.

Places to visit

Braecock Cottage, Dunkeld

This secluded, half-acre country garden grew from a passion for plants along with the pursuit of a beautiful, sustainable environment. In the past six years, several spaces have blossomed through a no-dig organic approach, including a cottage garden, naturalistic planting of grasses and perennials, wildlife pond and vegetable garden. Opening on Sunday, 2pm to 5pm, in support of Support, Help and Integration in Perthshire. scotlandsgardens.org

Dundonnell House, Wester Ross

Exciting planting gives Dundonnell House year-round interest, centred on one of the oldest yew trees in Scotland. The garden boasts a water sculpture, unique Victorian glasshouse, riverside walk and arboretum – all in the valley below the peaks of An Teallach. Opening on Thursday August 13, 2pm to 5pm, in support of the Tusk Trust and Parkinson's UK. scotlandsgardens.org

MARY-JANE DUNCAN

THE VIEW FROM HERE

This week's column is a letter of resignation.

We have officially retired from active parenting. Our joint letter was submitted last week as Smallest turned 18 and our parental resignation was, rather rudely, accepted immediately without so much as a half-hearted attempt to persuade us to stay on.

It's strange to think we no longer have children. We have young adults. I knew the day was coming, but somehow that doesn't make it any easier. With the other two already in their 20s, this latest birthday marks the end of an era I wasn't quite ready for. Yet now it's here, I've decided to embrace it with open arms. Retirement, after all, comes with unexpected perks.

We have free permanent tech support on call, which is invaluable given my complete refusal to learn which remote control does what.

I can dispatch them on errands at almost any hour of the day. I also have an in-house fashion police force who remain deeply offended by my unwavering commitment to patterned wide-leg trousers.

Best of all, they've become genuinely funny. Conversations no longer end with an eye roll or a dramatic shoulder shrug. They're my Netflix buddies, happily tolerating both my constant questions and my remarkable ability to forget entire plotlines despite having apparently watched the series before.

I can even swear in front of them. The only difference is that when they do it, I no longer have the authority to complain, although my raised eyebrow still appears automatically.

To celebrate Smallest's big day, we headed to Edinburgh for shopping, brunch and, naturally, more shopping. She then thought we were making our way to the station for the train home. Instead, the entire young crew appeared.

Downstairs in a private karaoke room, there were buckets of ice-cold beers and ciders and, before long, enough cocktail pitchers to convince me I had musical talent. Liquid courage was absolutely essential.

Forgive me, Dolly. Forgive me, Alanis. Forgive me, Stevie. We truly knew not what we did. For three hours we committed what can only be described as musical war crimes, enthusiastically murdering every song we'd ever loved.

Beforehand, I worried I'd booked the room for too long. What a fool. We eventually had to drag them out, hoarse and sweaty, before they disappeared into Edinburgh to continue celebrating.

Himself and I made a beeline for Waverley. The Cowboy Bar didn't need two sad old gimmers turning up and asking if there were any comfortable seats available.

Even reaching the train proved an adventure. All thanks to the cocktails. One minute I was drinking what tasted like innocent fruit juice. The next, I was treating a very slow-moving escalator as though it required the concentration of a moon landing.

The youngsters danced until some unholy hour and somehow managed to do it all again the following evening. I, meanwhile, had been sociable enough for the remainder of 2026 and required an entire day on the couch to recover.

Surely it's time we normalised being completely exhausted after an enjoyable social event?

So, yes, this is my resignation from hands-on parenting. I'm no longer chief chauffeur, homework supervisor or referee. These days I'm chief karaoke embarrassment, occasional taxi service and permanent family cheerleader.

And do you know what? That feels like a promotion.

Because the greatest reward for surviving the sleepless nights, teenage strops and endless worrying is discovering that your children have grown into people you genuinely enjoy spending time with.

Good, kind, funny adults. That's when we realised our work here is done.

OUTDOORS

With Keith Broomfield

COASTAL CHARACTER: Puffins remain one of Scotland's most beloved seabirds.

As the puffins depart and the kittiwakes grow quiet, summer starts to slip away from the cliffs in the Bullers of Buchan

A rush of sadness coursed through my veins as I stood atop the towering cliffs at the Bullers of Buchan near Peterhead.

The seabird breeding season was coming to an end and, very shortly, the cacophony of calls of the kittiwakes and other nesters would fall silent, leaving behind just the omnipresent rumble of the surf to break the briny air until the following spring.

How could the breeding season have passed so quickly? Only a few months previously, I had lingered on this exact same spot – there was great excitement all around as the seabirds wheeled by the cliff faces, courting one another and bickering for nesting spaces on the tiniest of ledges.

I pushed such melancholy thoughts aside and sought some consolation in a lone adult puffin perched on a grassy ledge below.

It looked as if many other adult puffins had already left the cliffs to begin their oceanic wanderings that will last until next year's breeding season.

When young pufflings, safe in their nesting burrows on steep grassy slopes, approach fledging, the adults stop feeding them to encourage their departure from the nesting chamber and out to sea.

The puffling emerges on its own after dark when the risk of predation by gulls is lowest, and flutters down to the sea where, within the blink of an eye, it becomes completely independent.

In an incredible evolutionary twist, the youngster is genetically wired from within to know immediately how to survive the wilds of the open ocean.

It will spend much of its time alone and without the company of other puffins, drifting and swimming in offshore waters while honing its skills at catching small fish and marine invertebrates.

It will be another three to five years before it returns to land to breed for the first time.

I ventured towards a vast rocky cauldron where the pounding action of the sea over millennia had caused the roof of a sea cave to collapse, creating an amphitheatre where the sea enters through a natural arch and swirls around angrily.

On the encircled cliffs, seabirds like shags,

Top, a kittiwake and youngster at the Bullers. Above, a group of young shags.

fulmars and kittiwakes nested, their calls reverberating all around.

The kittiwakes seemed to have had a successful breeding season, with many almost fully fledged youngsters huddled precariously in their cliff ledge nests.

On another part of the cliffs, it was heartening to see three well-grown young shags in their nest.

These cormorant-like diving birds have suffered dreadful declines, with storms having led to major die-offs, including an estimated 80% reduction on parts of the Scottish east coast.

On the clifftops, my eyes were drawn by the verdant richness of wildflowers, drifts of azure-hued harebells nodding in the sea breeze and flushes of yellow-bloomed lady's bedstraw glowing brightly.

I glanced down to where several puffin burrows pock-marked a sloping grassy interruption in the cliffs and wondered what the young pufflings cocooned in their burrows below were thinking, and whether they had any inkling of the lonely traumas of oceanic life that lay ahead.

MY VIEW

Inverness

SLICE OF HISTORY: P&J reader Elena Reid, from Nairn, sent in this stunning view of Inverness Cathedral, which is dedicated to the patron saint of Scotland, St Andrew. Magnificent building, Elena!

If you would like to see your photo showcased here, please email it to **myview@pressandjournal.co.uk**

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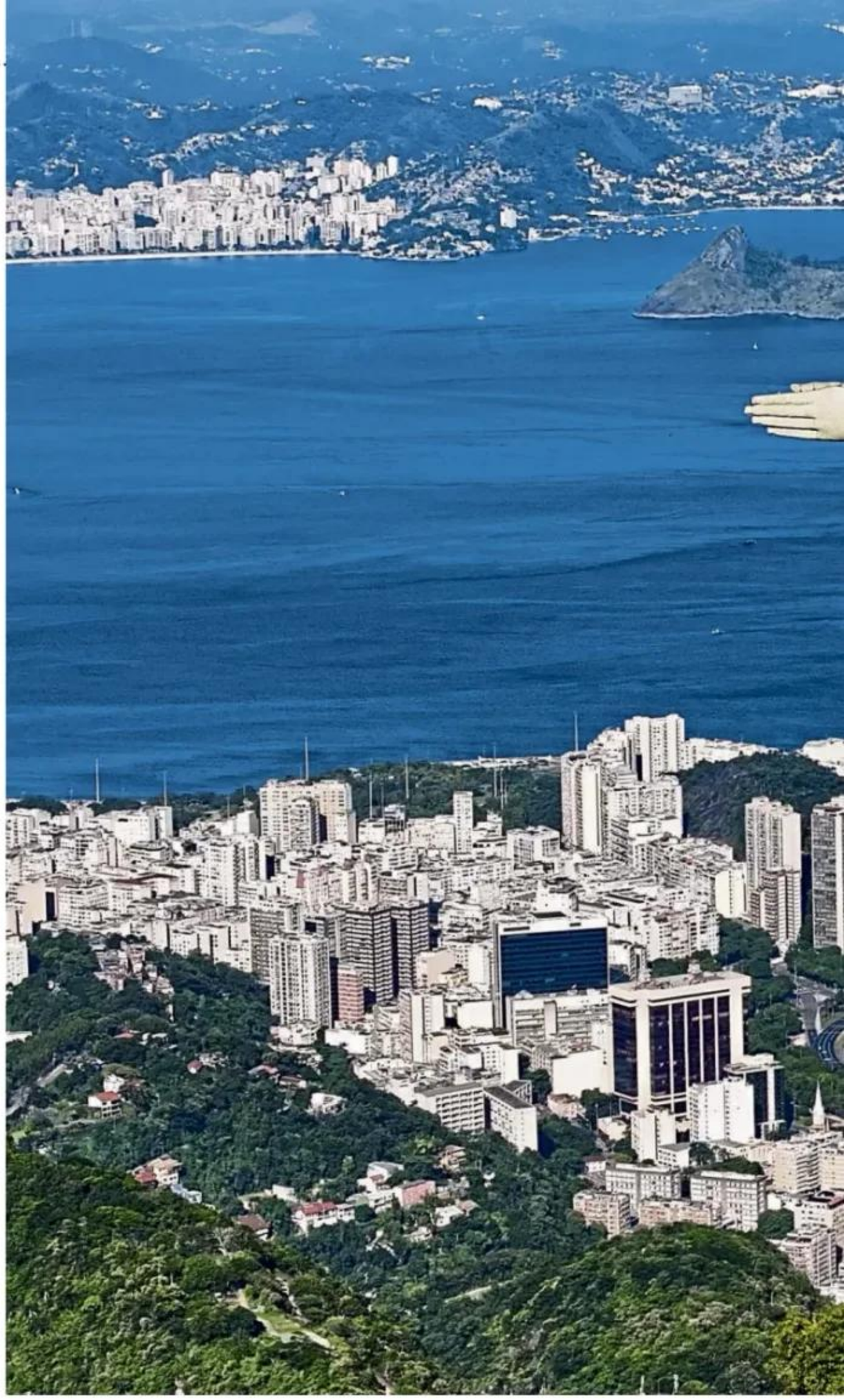
GEORGE MITCHELL



Statues are more than just art – they are symbols of authority, triumphs, beliefs and culture

For centuries, humans have created statues, and as beautiful as some of them may be, statues are more than just works of art. They are symbols of authority, triumphs, beliefs and culture.

Every country, city, many towns and even villages have statues. Britain is stuffed full of them, most of huge historical importance.

But for this column, I'm going to mention only two British statues. No, not Churchill or the late Queen.

Standing tall in the bay of Morecambe is the life-size bronze statue of the late, great comedy genius Eric Morecambe.

Caught in his full glory of the Bring Me Sunshine pose, it cannot help but make me smile.

As does the following. Sat on a bench in Thetford, Arthur Lowe as Captain Mainwaring is perfection.

The intricate detail of his clothes, cap, glasses, belt, gloves – it captures Mainwaring to a tee.

Now on to the wider world. By no means a definitive list, here are some of the most influential statues ever built.

At a height of only 1.25 metres and weighing only 175kg, this one is tiny. It is, of course, The Little Mermaid statue in Copenhagen.

Based on the title character of the famous Hans Christian Andersen fairytale, it is the work of sculptor Edvard Eriksen. Tiny it may be, but it's world-famous and attracts thousands of tourists ever year. I've visited it, and it is rather charming.

Completed in 1922, and seen as a symbol of American unity, the marble statue of Abraham Lincoln in a huge throne-type chair, sits in the Lincoln Memorial Building in Washington DC.

Famous for having no arms, the Venus de Milo statue was first presented to King Louis XVIII of France in the 19th century. But it isn't French.

Discovered on the Greek island of Milos in 1820 by a farmer, Venus was in two pieces, and her arms were never found. Created by a man called Alexandros around 150 BC, it's been claimed that she was a representation of the Greek sea goddess Aphrodite. That, though, has never been proven.

I spent a month in Brazil, way back in 1999. I travelled all over this vast country, but it is the statue in Rio de Janeiro that I remember most.

Standing on the Corcovado Mountain, Christ the Redeemer was completed in 1931 after taking nine years to build.

It is almost 100ft tall and towers over the land with its iconic outstretched hands.

Made of mostly concrete, it weighs 635 metric tons and has to withstand intense heat and lightning strikes, but it's still going strong after nearly 100 years.

Not one statue, but thousands of them – the Terracotta Army in Xian, China, was built to guard Emperor Qin Shi Huang in the afterlife.

Sculpted around 200 BC, it would have taken the labour of thousands of men, and it's been said that every single statue has a different facial expression.

That blows me away, it really does.

This masterpiece, hidden unknown and underground for centuries, was actually discovered by mistake in 1974 when a farmer began to dig his field. I can just imagine the conversation when he got home that night. "Good day at work dear?" his wife would have asked. "Wait till you see what I dug up," he'd reply.

Depicting a human head on a massive lion's body, the Great Sphinx of Giza in Egypt is without a doubt one of the most impressive ever.

Built around 2500 BC, it still stands today, although understandably looks a little weather-beaten.

I'm going to run out of column space, so special mentions to the following: the statue of the boy peeing into the fountain in Brussels; the Leshan Giant Buddha in China; The Thinker in Paris; David by Michelangelo; the statues of Mount Nemrut, Turkey; Moai statues, Chile, and let's not forget the Statue Of Unity, India – created in 2018, it is now the tallest statue in the world.

Arguably the most famous statue of all? Many folks would say the Statue of Liberty, New York.

River, Mamayev Kurgan is her official name. She has also been referred to as The Motherland Calls. Many, though, simply call her Mother Russia.

I began the long, hard climb up the 200 steps, each one chillingly representing a day in the famous battle of 1942-43. I kept my head down as I wanted to count each step, and also wanted to leave it as long as possible before laying my eyes on my destination.

Eventually I looked up... and up... and up... and took her in, in all her defiant glory.

A sculpture of a woman so gigantic that from her foot to the tip of her sword, she stands at a colossal 279 feet.

I'd never seen anything like it in my life. I doubt the photo will do it justice at all.

However, look closely at the photo, see the people on the grass just below her – this alone explains her actual size.

To me, though, it was much more than just her height, it was the symbolism. I'm certainly no apologist for the USSR, but even I felt humbled being in her presence.

I could hear music – haunting, angelic sounds coming from the nearby eternal flame building.

Silently I stood in the freezing night at the feet of Mother Russia, thinking of the hundreds of thousands of Stalingrad's citizens buried under her frozen earth.

I tried to imagine the horrors they had gone through at the battle of Stalingrad.

Thankfully, I couldn't.

To contact George about any of his columns, email grmcolumn@protonmail.com

AWE-INSPIRING: Christ The Redeemer statue, above, in Rio de Janeiro, Brazil, was completed in 1931 and took nine years to build. Statue of British comedian Eric Morecambe, top right, and the incredible monument in Volgograd, Russia, above right.

Probably, but here's the interesting thing – while it is seen as a symbol of America, it was designed, made in and finally gifted by France.

Standing at 93 metres tall, this lady was designed by Frederic Auguste Bartholdi, and was meant to mark the 100 years since the signing of the US Declaration of Independence in 1776.

It was shipped across the Atlantic in 1885 in 350 separate pieces before being put together on site. It was finally put on display in 1886.

However, I think I can top the Statue of Liberty – and it's in Russia.

No, nothing to do with the Kremlin or Red Square, but more than 900km south, in modern-day Volgograd, better known as Stalingrad. I visited here many years ago, and what I saw took my breath away. Here's an extract from my travel notes.

Built in 1967 to commemorate one of the most brutal battles of all time, and major turning point in the war, it's all about the Battle of Stalingrad.

Standing on the banks of the Volga

'Depicting a human head on a massive lion body, the Great Sphinx of Giza is without a doubt one of the most impressive. Built around 2500 BC, it still stands'

Above left, the Terracotta Army in China was built to guard an emperor in the afterlife. The Little Mermaid in Copenhagen, left, was based on the title character of Hans Christian Andersen's fairytale.

ANGUS MACDONALD

GAELIC COLUMN

Tha deich bliadhna bho'n a là 'n diugh bho thàinig an clàr-ola Transocean Winner air tìr ann am bagh Dhaile Mòr air taobh siar Leòdhais – an ochdamh là de'n Lunasdal 2016. Bha an clàr air a slighe a Stavanger gu ruigeadh Malta, far an deadh an dara cuid a reic, no pìosan a thoirt dhith mas deadh a tarruing dhan an Tuirc airson a briseadh. Oidhche na Sabaid, chaidh an clàr agus a' bhàta a bha dha slaodadh, an glacadh ann a stoirm an iar air na h-Eileanan.

Fhuair rannsachadh as deidh làimh gu robh tòrr ceàrr ris an uidheamachd slaodaidh, agus an deasachadh airson an turus. Aig a' cheann thall, as deidh uairean a thìde far a robh a' ghaoth agus a muir a' falbh leis a' bhàta-slaodaidh agus an clàr mar a thogradh iad fhèin, air maduinn di-luain, bhris an cabul-slaodaidh agus stad an clàr agus i cas-a-gobhlagain air Rubha an Trìleachain a-mach bho te dha na tràighean is bòidhche th'ann a Leòdhas.

Bha eagal ann an toiseach gun tigeadh truailleadh na cois. Ach ged a thàinig tòrr diesel a feadhainn dha na tancaichean a bh'air bòrd, sgaoil sin, no chaidh a bhriseadh as a' chèile leis cho fiathaich 's a bha'm muir. An uairsin nochd luchd-cobhair bho'n a' chompanaidh Transocean, bho SMIT Salvage, agus os ceann gach nì, Uisdean Shaw, riochdaire rùnaire na stàit.

Bha cumhachd aigesan iarraidh cuideachadh agus goireasan sam bith a bha e coimhead iomchuidh. Bha e cuideachd math air na meadhonan a laimhseachadh, agus nochd gu leòr dhiabhsan cuideachd. A chùl air a sin, bha dòigh math aige ri daoine, agus urram do dhòigh beatha mhuinntir nan Eilean.

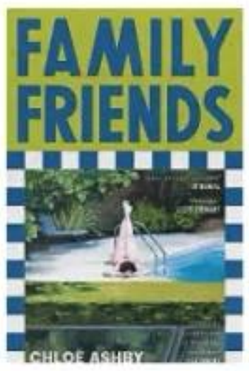
As deidh dà sheachduinn, bha na sgiobaidhean gu leir deiseil, agus tharruing dà bhàta-slaodaidh an clàr bho'n a sgeir. Chaidh a toirt dha na Loch a Tuath, i sìos air aon chliathaich far a robh a sàl a' faighinn a steach troimh na toill a rinn a sgeir a's a' phontoon a deas aice. Bha samhla aice ri cuid eigin a bh'air cus a ghabhail, agus air a robh aithreachas gu leòr ri linn.

Fhuair iad an uairsin lorg air soitheach a bha'r a cleachdadh airson luchdan trom a ghiulain air feadh an t-saoghail, a Hawk. Chaidh an t-soitheach a leigeil sìos gu doimhne. Thug iad an clàr fo na h-acraichean agus sheòl iad i os ceann an t-soithich. An uairsin chaidh tancaichean balaist an t-soithich a phumpadh a-mach agus dh'èirich an t-soitheach suas gus na thog i an clàr, as a robh 17,000 tona chuidthrom, a-mach as an usige. Cheangail iad an clàr ri deic an t-soithich agus mach leatha a' Mhalta agus as a sin dhan an Tuirc airson a briseadh.

Fhuair a' choimhearsnachd £120,000 bho'n a' chompanaidh mu choinneamh an dragh a chaidh a chuir orra. Agus fhuair companaidhean bhàtaichean, einsineiridh, tighean-osda agus goireasan eile cosnadh ris nach robh dùil aca. Fhuair muinntir nan Eilean moladh mòr bho'n a chompanaidh airson an càirdeas agus an aoigheachd. Bha aon chailleach as a Rudha a' caoidh gun dh'fhalbh an clàr. 'N uair a bha na soluis orra air feadh na h-oidhche agus i na suidhe a's a Loch a Tuath, bha i toirt a-steach orra craobh na Nollaig. Rud a dh'fhaodadh a bhith air call a dhèanamh, air fhaicinn na shamhla dòchais.

BOOKS

Reads of the week



Family Friends

Chloe Ashby, Fig Tree, £16.99

Two couples go away for a fortnight's summer holiday in France, a ritual they've engaged in for years and have always looked forward to. But this year is different. Secrets threaten to blow apart their lives. Ashby's third book is a tightly woven tapestry of rich and relatable characters. As intense as the sizzling summer temperatures, it's a sophisticated and psychologically astute read easily consumed in a single sitting.

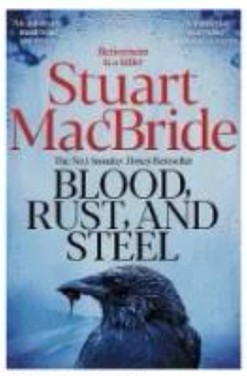
Venus, Vanishing

Rebecca Birrell, Picador, £16.99

Art historian Birrell's debut novel is a gripping read that bursts with humanity. An engrossing, vital tale of love, friendship and betrayal, it gives us Hannah, a young seamstress determined to escape the life mapped out for her and pursue her passion for art in inter-war Berlin. But when she begins an affair with her patron, the wife of a powerful man, opportunity turns to danger as Germany spirals into darkness.

MEET THE AUTHOR

By Sally McDonald



GRIPPING: Crime writer Stuart MacBride has a new release.

The writing of Blood, Rust, And Steel, Stuart MacBride's third gripping crime novel featuring the irascible Roberta Steel, could not have been more prescient.

It launched in the wake of Aberdeen's anti-immigration protests and in the lead-up to recent shocking scenes on Glasgow Green where racist groups ran at anti-racism counter protestors, throwing punches and firing projectiles.

The July 25 clash, involving anti-immigration group Unite the Clans, spilled on to Glasgow's streets and was later reported to have resulted in 15 arrests for a variety of offences, including assault, possession of offensive weapons, breach of the peace, obstruction and resisting arrest.

Author Stuart MacBride clearly had his finger on the political and public pulse when writing the latest in the Acting Detective Inspector Steel series – the Aberdeen protests a little too close to his home in the Granite City's rolling green hinterland.

In his latest offering, laced with deliciously dark humour, the author gives us hard-drinking, sweary tough nut Steel, who, after 30 years of policing Aberdeen's underbelly and determined to find justice for victims, is facing retirement just as a body turns up in a wheelie bin. Then there's a violent protest to deal with.

Throw in far right populist politicians, sketchy government spies, drugs and a desperate ex-colleague begging her for help, and the final few weeks on the job could be the death of her.

"In this book there is a strong thread of what is happening in the UK and UK politics, including the rise of the right wing," Stuart explains, when we catch up with him

Kids corner

The Kingdom Of Tigers

Felicity Yeoh, Kumusha Books, £7.99

The Malaysian author of this book, beautifully illustrated by Megan Snyders, says she wanted to share with young people the danger facing tigers in her home country. In it we meet a tiger and her cub whose lives are threatened by deforestation until they find the Kingdom of Tigers, where the jungle is protected and they can live without fear.

at the home he shares with wife Fiona and a menagerie of animals, including beloved cats Gherkin, Onion and Beetroot.

"The whole idea for the book came from looking at the way American politics has gone over the last decade or so, and particularly over the last few years, and marrying that up with the way that a section of British politics wants to ape what goes on in America.

"For some reason, certain sections of the media, not naming any public broadcasters, are obsessed with platforming these awful people who have no real plan for anything.

"Their entire platform just seems to be: 'Let's break things and somehow that will magically make it all better.'

"We have in the UK people who want to do the same thing.

"They want to blame everyone else for the problems. The NHS, we are told, is not working because of all the immigrants.

"No, the problem is we decided that private finance initiatives (PFI) were the way to go ahead," which he says resulted in "vast sums of money being siphoned out of the NHS to pay interest on loans that those private companies made for infrastructure".

Pointing to the PFI impact on clinical capacity, he says the money could and should have been "invested in our doctors and nurses and in training people".

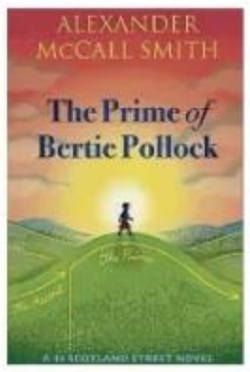
"There is a butting up in the book of when anger meets political reality," he says, before adding with a mischievous grin: "Although this is a massive rant, the book is actually quite funny".

Stuart last year marked the 20th anniversary of becoming a published author with his debut, Logan McRae novel Cold Granite, where readers first met Steel. He also pens the Ash Henderson series.

Starting out, could he have imagined the success he has now?

"When I heard there was a publisher interested in Cold Granite, my thought was that if I could get enough of an advance to buy a new printer that would be great..."

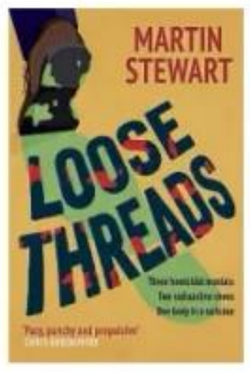
Blood, Rust And Steel by Stuart MacBride is published by Macmillan.



The Prime Of Bertie Pollock

Alexander McCall Smith, Polygon, £17.99

To find the right direction on the moral compass, you need go no further than an Alexander McCall Smith novel. And this, the 17th in the 44 Scotland Street series, is no exception. In its wonderfully entertaining pages you will find love, tolerance and joy, a little poetry and some good home truths, like Big Lou's musings: "The truly strong never say they are strong, but are the first to say they are weak."

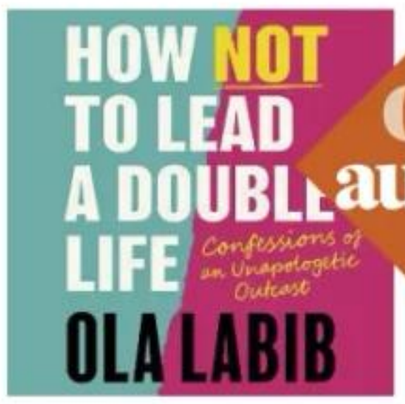


Loose Threads

Martin Stewart, Polygon, £9.99

Stewart's deliciously dark and funny Double Proof debuted back in 2024, so we are thrilled to see the return of its protagonist – misanthropic disgraced reporter Robbie Gould – in Loose Threads. An equally guffaw-inducing crime romp, it gives us "three homicidal maniacs, two radioactive shoes," and "one body in a suitcase". Stewart is a valuable addition to Scotland's crime writing scene, and we're looking forward to reading more from him.

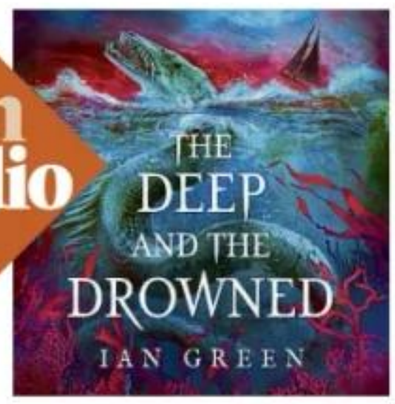
On audio



How Not To Lead A Double Life: Confessions Of An Unapologetic Outcast

Ola Labib, Little, Brown Book Group, £17.94

Also out in hardback (Robinson, £22) this moving but entertaining audio lasting just over nine-and-a-half hours is narrated by author and stand up comedian Ola Labib. She reveals how, as a British Sudanese Muslim, she has overcome bullying, racism and trolls.



The Deep And The Drowned

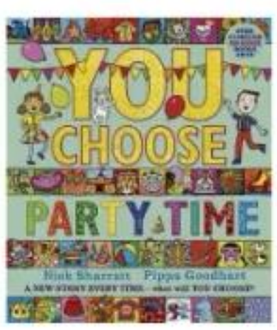
Ian Green, Head of Zeus, £16.14

Winner of the Futurebook Future Fiction Prize, Aberdeen-born Ian Green fell in love with fantasy through the tales of JRR Tolkien and the 20th anniversary re-release of the Star Wars movie. His latest offering (also in hardback, £22) is a swashbuckling adventure inspired by the Age of Sail and featuring Killian who, in a drowned land of gods, monsters and mages, is about to repay the biggest debt of his life. Thrilling.

Weather, Camera, Action!

Liam Dutton, Templar, £10.99

This book by the Channel 4 News weatherman gives youngsters aged seven and up a globe-trotting tour of the world's wildest weather. Brilliantly illustrated by award-winning Giordano Poloni.



You Choose Party Time

Pippa Goodhart, Puffin Books, £12.99

Little ones aged three and up will love this fun, colourful book all about having a great time. Described as a "magical storytelling toolkit", it encourages them to create their own adventures again and again. They get to choose what kind of imaginary party they would have, who they would invite and the cake they'd prefer.

DR DAWN LESLIE

DORIC CORNER

Dr Dawn Leslie is an Inverurie quine who holds the post of Lecturer in Scottish Language & Linguistics at the University of Aberdeen. Aside from her research into language attitudes and minority language provision, she also teaches Doric/Scots at the university as a living language to be used and enjoyed by all.

Firget yer Messi, yer Ronaldo, an the bricht lichts o the World Cup... the real fitba is back an, efter cursin it jist a fyow month ago, Ah'll admit Ah'v missed it.

Fir them aat are nae aa fitba'd-oot, the Scottish Professional Fitba Leagues hiv kickit aff again iss month an, gin the time iss column appears in the paper, Ah'll hiv teen ma seat at Pittodrie eence mair as a lang-sufferin season ticket holder.

Efter the trauchles o laist season, wi did swither aboot pittin wirsels throwe it aa again an teen langer nor usual te renew. Ah felt sorry fir the peer loon fae the ticket office aat phoned ma back in March te try oot his best sales patter: dealt the unfortunate haan o a rin o losses an nae gaffer te bi seen. Nae exackly an easy sell.

Ma brither wis the hardest te win roon oota the three o us, takkin ilka loss te hairt mair than maist. Wi faalt eventually tho an, throwe wir thraanness, missed the "loyalty winda" an endit up peyin twinty poun mair fir the pleasure.

Wi renewed jist afore the hinmaist hame game o the season, efter a "faimly conference" held ower some pre-game pints an pizza. An Ah think aat's far wi decidit aat it's nae jist the fitba wi'd miss if wi gied up wir seats.

Apairt fae the fear o sod's laa meanin it wid likely end up bein Aiberdeen's best ivver season (an us stuck at hame waatchin it on TV), the ither draa wis the fun o the "day oot".

Fitba aften gets a bad name – tarred wi the brush o antisocial behaviour an folk fechtin ootside pubs. The fitba I ken is naethin like aat tho.

Fir us, the fitba is parkin up in Aul Aiberdeen an the waak up King Street te the grun, the puckle drinks in the St Machar Bar or The Bobbin (a Coke fir me as Ah'm ayewis designatit driver bein the een aat bides farrest awa), the chunce te caatch up wi aa ma brither's news, an the magic moment fan wir dad gings te the lavvie durin the match an reappears wi his pooches full o sweeties – ayewis makkin on aat he hisna bocht ony afore he finally haans them ower.

Roon aboot us in the Sooth Staan is folk o aa kynes: faimlies wi wee bairns, faimlies wi big bairns (like ma dad wi masel an ma brither), the aul mairret couple neist te us aat ayewis bring their ain hauf-time crisps, an the group o middle-aged mannies ahin us aat tak turns ilka wikk te buy the pies.

Aye, the fitba can sometimes be a scunner, bit fan it gings weel, ere's nae better feelin. An even if it's nae gaan weel, it's still a day oot wi ma dad an ma brither, an aat's the kyne o day oot aat's usually wirth haein.

Sae here's te anither season o fitivver Pittodrie his te offer. Here's hopin it'll be a glorious een an aat ma dad's pooches nivver rin dry o sweeties.

JUNIOR WORDSEARCH

Can you find the listed words? Words may run either forwards or backwards, in a horizontal, vertical or diagonal direction, but always in a straight, unbroken line.

S	A	H	G	N	I	W	S	T	A	O	B
B	E	T	Y	T	I	C	K	E	T	F	N
U	V	M	T	Q	S	W	E	E	T	O	S
M	L	Q	A	R	U	D	H	E	I	R	S
P	E	S	M	G	A	E	A	S	T	A	O
E	S	K	T	C	L	C	U	B	E	P	L
R	U	C	R	A	U	L	T	E	N	I	F
C	O	A	H	P	L	W	I	I	T	D	Y
A	R	N	S	I	O	L	N	K	O	S	D
R	A	S	T	H	G	I	L	O	S	N	N
S	C	Y	S	E	D	A	R	A	P	G	A
Q	S	O	U	V	E	N	I	R	S	E	C

ARCADE
ATTRACTION
BOAT SWING
BUMPER CARS
CANDY FLOSS
CAROUSEL
ILLUSION
LIGHTS
PARADE
QUEUE
RAPIDS
SHOW
SKILL GAMES
SNACK
SOUVENIRS
STALL
SWEET
TEACUPS
TENT
TICKET

JUNIOR SUDOKU

Using logic – don't guess – fill in the grid so that each row, column and each block of six squares (marked with bold lines) contains the numbers 1 to 6.

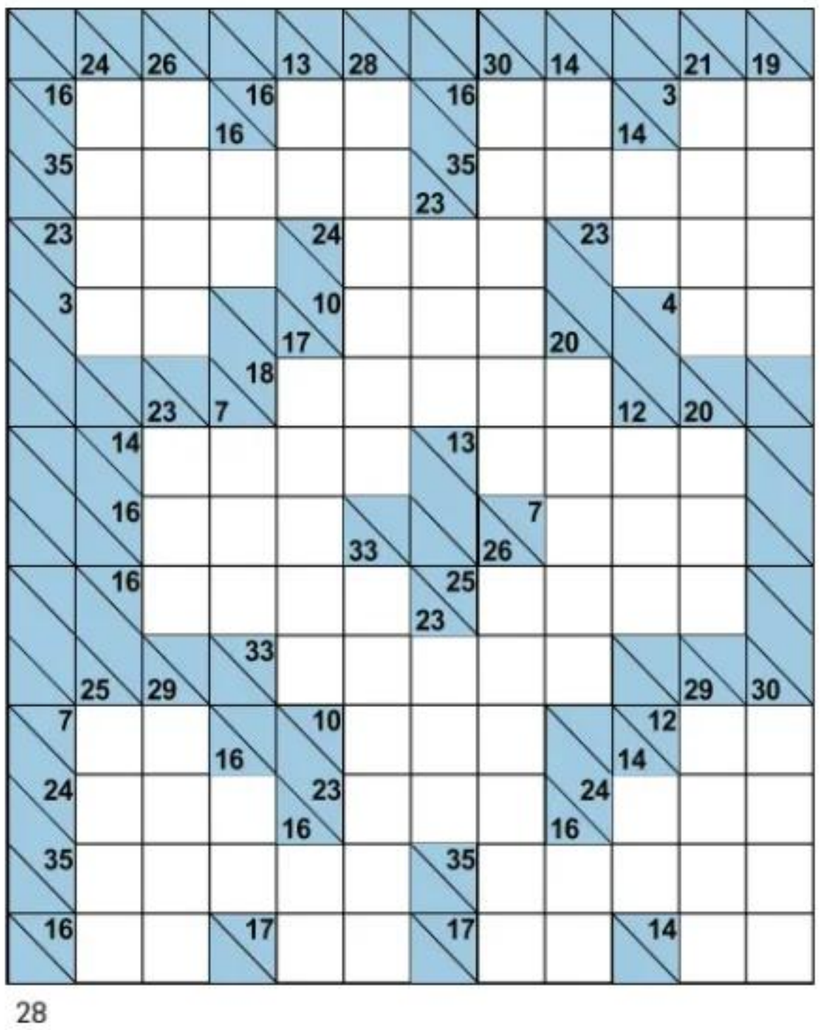
2					5
	1			2	
6	2			1	3
	3	6	2	4	

Puzzler

Puzzles brought to you by the UK's No.1 puzzle creator. For more information visit **puzzler.com**

KAKURO

Fill the grid so that each block adds up to the total in the box above or to the left of it. You can only use the digits 1-9 and you must not use the same digit twice in a block. (The same digit may occur more than once in a row or column, but it must be in a separate block.)



ARROWORD

Follow the arrows to fill in your answers

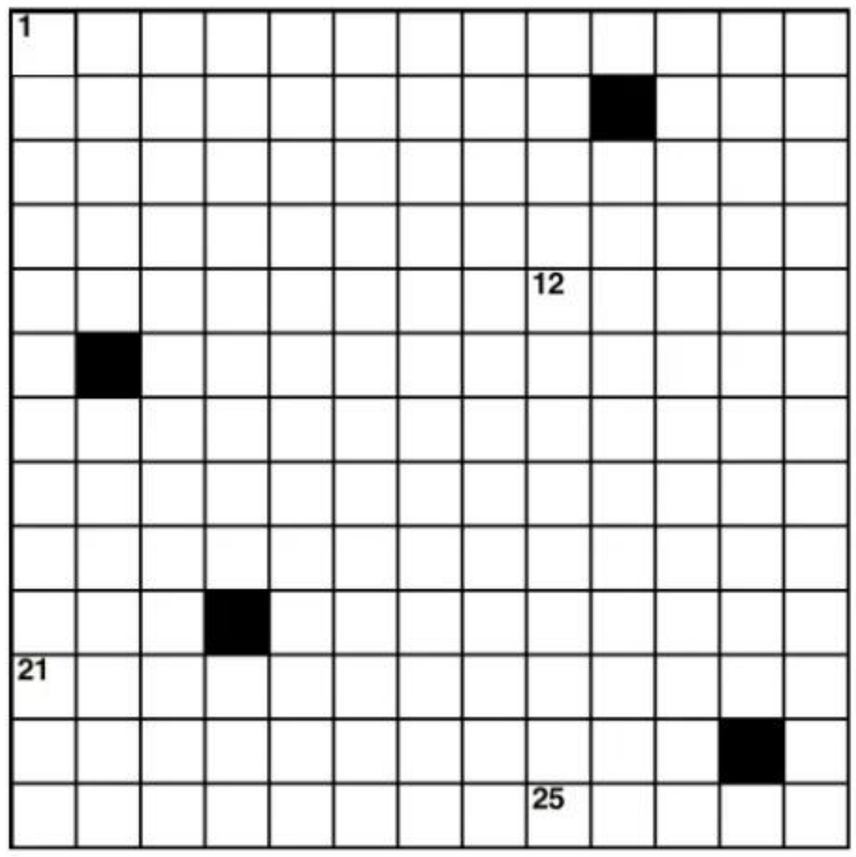
Abandoning	▼	War-horse	▼	High-pitched cry of a horse	▼	Extremely lazy (4,4)	▼	Group of experts	▼	Small carpet	▼	Reflected sound wave
At a critical stage (2,3,7)	▶					▼						
Person from another country		Hared		Charged particle	▶			Withdraw (a statement)		Severe food shortage		People in charge
▶		▼						▼	Attachment to a key-ring	▶	▼	▼
Bundle (of banknotes)	▶			__ Bonham Carter, film star	▶						At the back	
▶			Pull	▼	Facts given		Hire out		Married woman's title	▶	▼	
Raggedy __, fictional doll		Women who keep lodgings	▶	▼			▼					
▶					__ Hutton, knighted cricketer	▶			Scottish for 'no'	▶		
Computer-fed facts		Geographical lists	▶									

SKELETON

The black squares have to be filled in as well as the words in this crossword. We've placed some squares and numbers to get you started.

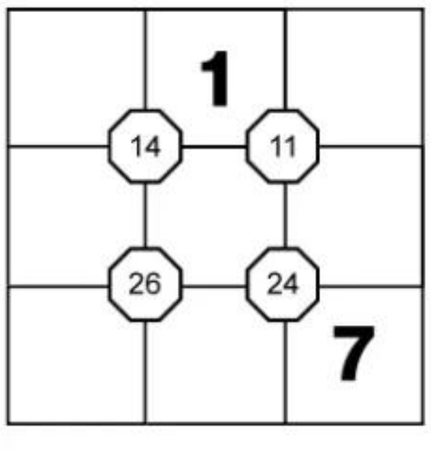
ACROSS
1 Be sparing with
4 Boat's time of departure
8 Memory loss
9 Dismiss from school
10 Bygone, old
12 Armistice
14 Just too beastly!
18 Place of gladiatorial combat
19 Calming, relaxing
21 Release (a knot)
23 Usual habit
24 Agitate
25 Brawl

DOWN
1 Ancient Egyptian beetle
2 Virtue
3 Staple Italian dish
4 The waves
5 Tendency to stillness or uniform motion
6 Pixie
7 Richly embellished
11 University professorship
13 Heart-warming
15 Raised level area of land
16 Renege on an agreed house price
17 Eloquent
20 Product of tobacco
22 Bituminous substance
23 Commit theft



SEKUTA

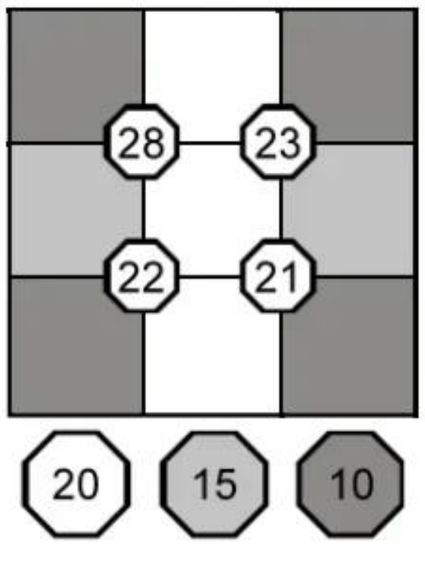
Place the numbers 1 to 9 in the spaces so that the number in each octagon is equal to the sum of the four surrounding boxes.



Solutions appear on page 46

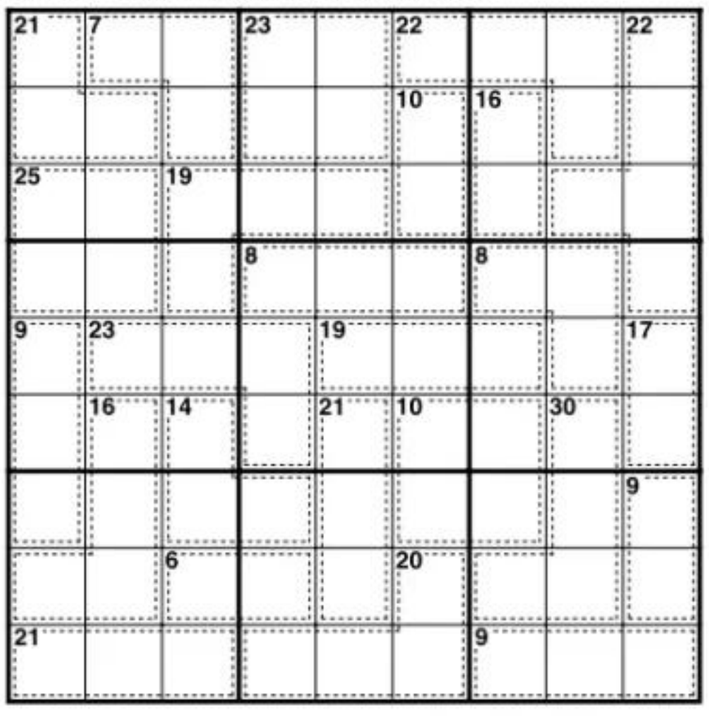
SAKURO

Place the numbers 1 to 9 in the spaces so that the number in each octagon is equal to the sum of the four surrounding boxes, and each colour total is correct.



KILLER SUDOKU

Normal sudoku rules apply, plus, the digits in each inner shape (marked by dots) must add up to the number in the top corner of the shape.



PUZZLE PAGES

CODEWORD

■	21	2	4	10	13	14	25	■	24	5	9	4	
4	■	1	■	4	■	9	■	24	■	9	■	3	
22	10	12	21	6	5	25	■	10	12	11	9	2	
25	■	2	■	9	■	15	■	16	■	9	■	3	
21	12	13	6	■	19	4	10	8	16	10	4	19	
19	■	14	■	3	■	25	■	9	■	9	■	7	
4	7	25	16	7	9	■	4	13	3	2	9	■	
5	■	■	■	23	■	■	■	2	■	■	■	13	
■	16	23	23	4	5	■	22	16	5	9	10	16	
4	■	5	■	12	■	12	■	10	■	20	■	7	
22	5	16	1	5	4	19	24	■	10	3	23	23	
4	■	3	■	12	■	24	■	23	■	4	■	12	
13	4	7	16	7	■	9	17	12	21	2	9	15	
3	■	13	■	18	■	15	■	26	■	16	■	9	
21	16	25	4	■	21	9	12	26	3	10	9	■	

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

1	2	3	4	5	6	7	8	9	10 R	11 V	12 I	13
14	15	16	17	18	19	20	21	22	23	24	25	26

Each number in the grid represents a different letter of the alphabet. We have decoded some letters to start you off. Enter them in the appropriate squares in the grid, then use your knowledge of words to work out which letters should go in the missing squares. Check off the alphabetical list of letters as you identify them.

SUGURU ®

3	2		3		
	5				5
3		2			

Each cell in an outlined block must contain a digit: a two-cell block contains the digits 1 and 2, a three-cell block contains the digits 1, 2 and 3; and so on. The same digit must not appear in neighbouring cells, not even diagonally.

Yesterday's solutions:

3	2	4	2	4	1
4	1	3	1	3	2
3	2	5	2	4	1
1	4	1	3	5	2
5	2	5	2	4	1
3	1	4	1	3	2

■	Q	U	I	C	K	L	Y	■	A	B	U	T													
S	■	N	■	A	■	A	■	S	■	U	■	R													
L	I	K	E	N	E	D	■	P	I	Z	Z	A													
O	■	N	■	E	■	L	■	R	■	Z	■	U													
W	O	O	L	■	F	E	M	I	N	I	S	M													
I	■	W	■	R	■	D	■	G	■	N	■	A													
S	E	N	S	E	D	■	T	H	I	G	H	■													
H	■	■	■	F	■	■	■	T	■	■	■	R													
■	C	A	R	R	Y	■	C	L	O	T	H	E													
A	■	C	■	E	■	B	■	Y	■	E	■	V													
S	W	I	M	S	U	I	T	■	A	X	L	E													
S	■	D	■	H	■	N	■	T	■	T	■	R													
E	L	I	T	E	■	M	A	R	Q	U	I	S													
S	■	T	■	D	■	A	■	I	■	R	■	E													
S	O	Y	A	■	E	N	J	O	Y	E	D	■													

O	D	R	E	H	C	P	K	F	A	U	B	J													
V	Z	G	Q	M	L	W	X	I	N	T	S	Y													

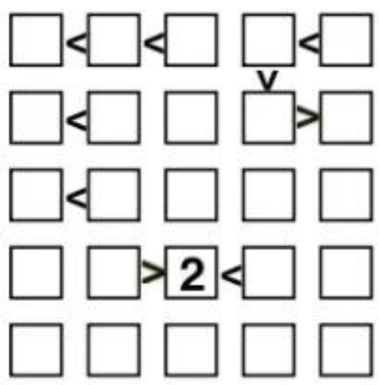
WORD WHEEL

You have 10 minutes to find as many words as possible using the letters in the wheel. Each must use the hub letter and at least 3 others. Letters may be used only once. You cannot use plurals, foreign words or proper nouns. There is at least one 9-letter word to be found.

Yesterday's solution:

Airing, Arid, Bairn, Bard, Baring, Barn, Bird, Brad, Brag, Braid, Braiding, Brain, Bran, Brand, Bridging, Brig, Brigand, Bring, Daring, Darn, Dinar, Drab, Drag, Drain, Garb, Gird, Grab, Grading, Grain, Gran, Grand, Grid, Grin, Grind, Indri, Nadir, Rabid, Ragi, Raging, Raid, Raiding, Rain, Rand, Rang, Rani, Riband, Riding, Rigid, Rind, Ring, ABRIDGING.

FUTOSHIKI



Fill the blank squares so each row and column contains all the numbers 1 to 5. Use any given numbers and the symbols telling you if the number in the square is larger (>) or smaller (<) than the number next to it.

Yesterday's solution:

5	> 3	4	1	< 2
2	5	3	4	1
3	1	< 2	5	4
4	2	1	3	5
1	4	5	> 2	< 3

SOLUTIONS TO THESE PUZZLES WILL APPEAR IN THE PRESS AND JOURNAL ON MONDAY

SUDOKU - Hard

					9		7	
5	7			4				
3				6	5			2
	3					2		8
			8				6	
	2					1		5
6				8	2			7
1	5			9				
					4		2	

There is just one simple rule in Sudoku. Each row and each column must contain the numbers 1 to 9, and so must each 3 x 3 box. This is a logic puzzle, and you should not have to guess.

Yesterday's solution:

7	1	9	6	8	3	4	5	2
6	8	4	2	5	7	1	3	9
2	5	3	9	1	4	8	7	6
5	4	6	3	7	8	2	9	1
9	7	2	1	6	5	3	4	8
8	3	1	4	2	9	7	6	5
4	2	7	8	9	6	5	1	3
1	9	5	7	3	2	6	8	4
3	6	8	5	4	1	9	2	7

SET SQUARE

5	+		−		= 2
−	■	×	■	+	
	×		×		= 48
+	■	+	■	−	
6	+		+		= 16
=		=		=	
8		9		6	

All the digits from 1 to 9 are used in this grid, but only once. Can you work out their positions in the grid and make the sums work?

Yesterday's solution:

8	−	5	+	7
+	■	×	■	+
3	×	1	+	9
+	■	−	■	−
4	+	2	×	6

Finnies THE JEWELLER

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ACROSS

7 Bravo, morale envelops nimble play (6,6)

8 Tuneful, but disgusting after Gibson leaves (6)

9 Decorate article before first light, we hear (5)

10 Tutors, awful cheaters (8)

13 Petri dish filler from Niagara (4)

15 Knock sideways, as fruit knocked over (4)

16 Unexpected event on French force (8)

17 Serious hole in ground (5)

19 Emit when computer is operating? (6)

21 Access to hospital, everyone gets to lobby (8,4)

DOWN

1 Debit one arranged, being compliant (8)

2 Some relief in offering an aperitif (4)

3 Can't she assemble southern moderates? (8)

4 Continent which is partly India's, I assume (4)

5 Restaurant client glimpsed prehistoric creature, we hear (8)

6 Family left in small furnace (4)

11 Mythical creatures of Etruscan origin (8)

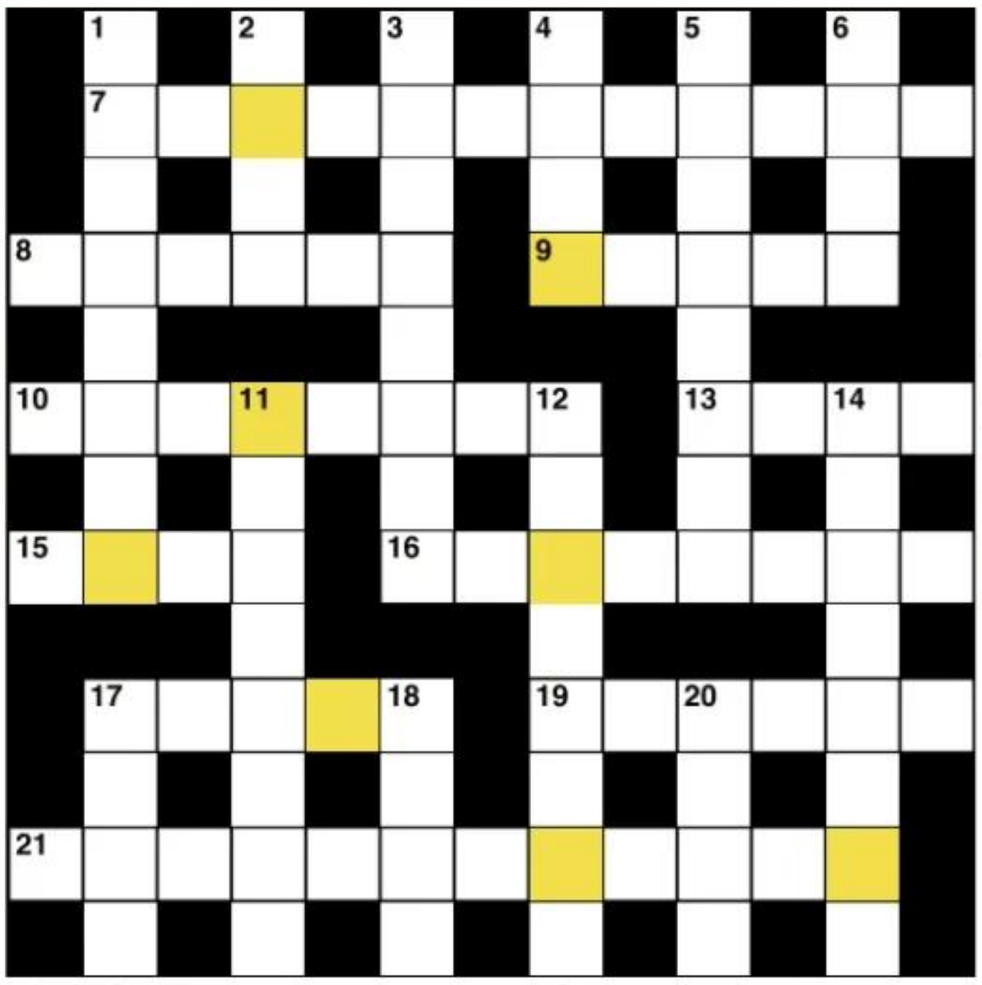
12 Odd usher oddly enveloped (8)

14 Gather to see lambs gambolling (8)

17 Travel to north-east, no longer here (4)

18 Energy and animation of woman (4)

20 Quite a knot on outside of timber (4)



Complete the Prize Crossword and the letters in the shaded squares, when rearranged, will spell out a word. The sender of the first correct solution drawn will receive a Cross Covenry chrome ballpoint pen in a gift box, courtesy of Finnies the Jeweller. Lifetime guarantee included.

Solutions to arrive no later than Tuesday to:

Crossword No. 657
Weekend Magazine
The Press and Journal
5th Floor
1 Marischal Square
Broad Street, Aberdeen
AB10 1BL

Name .....

Address .....

.....

.....

Date of Birth.....

Tel No.....

Spell out word:

.....

ACROSS: 7 Spendthrift **8** Blight **9** Ilkley **10** Organdie **11** Mass **12** Bent **14** Notaries **17** Hobnob **19** France **20** Hairdresser **DOWN: 1** Ostler **2** Sergeant **3** Edited **4** Chaise **5** Sink **6** Steeps **11** Murmansk **13** Epochs **14** Nobody **15** Toffee **16** Escort **18** Noir

HOSPITAL

● To enter by email, send a photograph of your completed entry to prizecrossword@ajl.co.uk

Last week's winner:

Charles Leith, Dingwall

The solution of today's Prize Crossword will appear here next Saturday.

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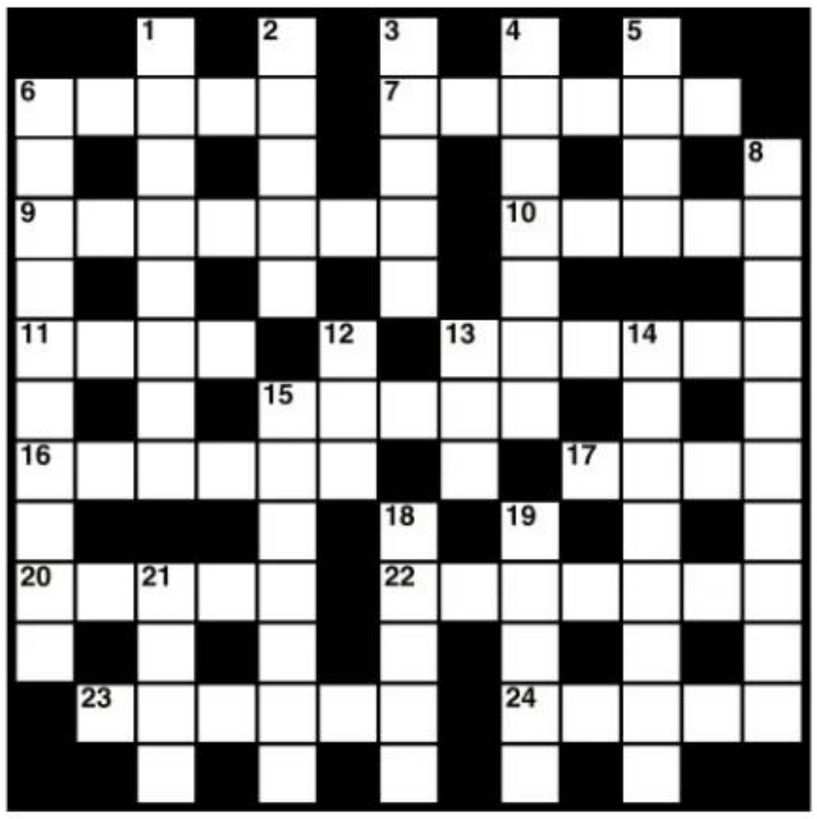
10-MINUTE CROSSWORD

Have fun with this straightforward crossword.



ACROSS

6 Cherish (5)
7 Adjustable three-legged stand (6)
9 Del Boy's surname (7)
10 Rome's famous fountain (5)
11 ___ Glen, Scottish actor (4)
13 Male feline (6)
15 Show similarities between (5)
16 Feel sadness and repentance (6)
17 Damon Albarn's band (4)
20 Flexible watering pipes (5)
22 Reminder of the past (7)
23 Browbeat (6)
24 Tellers of untruths (5)

DOWN

1 Rotating (8)
2 Hires, leases (5)
3 Supposed baby bringer (5)
4 Pronunciation of words (7)
5 Defined area (4)
6 Male-dominated society (10)
8 Having won (10)
12 Smart humour (3)
13 ___ Danson, *Cheers* actor (3)
14 Almanac (8)
15 Free time (7)
18 Urge on (5)
19 Little (5)
21 Variety of gin (4)

CODEWORD

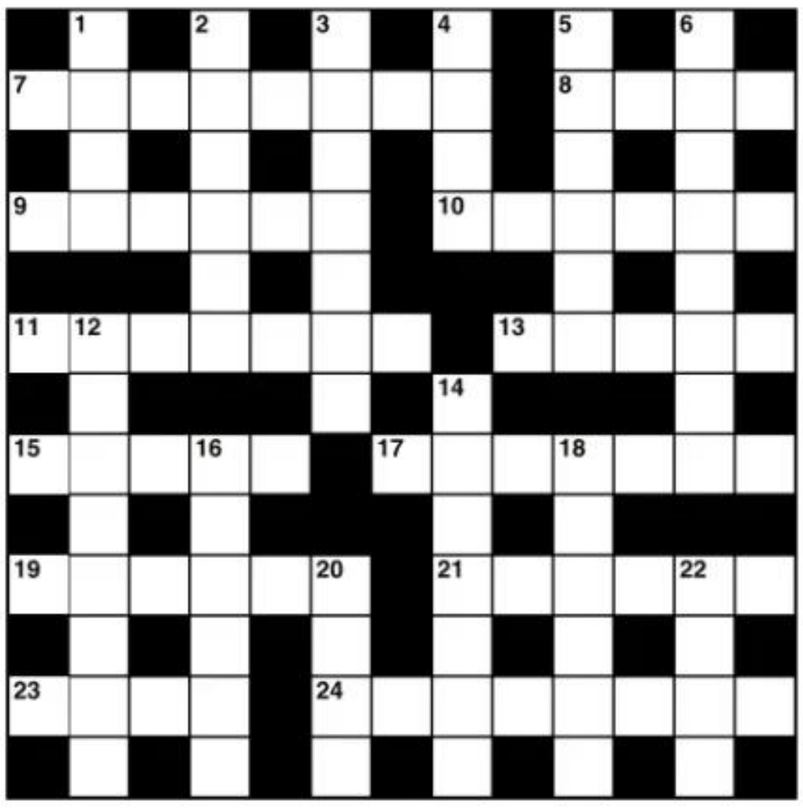
Each number in the grid represents a different letter of the alphabet. We have decoded some letters to start you off. Enter them in the appropriate squares in the grid, then use your knowledge of words to work out which letters should go in the missing squares. Check off the alphabetical list of letters as you identify them.

25	■	18	■	7	■	16	■	16	■	2	■	7
7	21	1	12	15	■	7	22	7	10	9	15	3
18	■	12	■	14	■	24	■	11	■	16	■	23
1	12	24	20	9	16	17	■	5	13	14	1	7
9	■	18	■	■	■	5	■	15	■	■	■	19
26	23	5	8	6	5	1	5	20	■	19	9 I	14
■	■	7	■	15	■	■	■	5	■	6	■	■
1	12	14	■	5	13	14	12	1	14	9	12	15
5	■	■	■	20	■	12	■	■	■	14	■	12
26	12	1	3	9	■	7	24	4	24	7	1	20
5	■	6	■	14	■	19	■	5	■	18	■	20 D
20	5	25	16	5	26	14	■	21	6	16	19	5
5	■	25	■	20	■	17	■	14 T	■	17	■	20

A B C Ø E F G H I J K L M N O P Q R S T U V W X Y Z

1	2	3	4	5	6	7	8	9 I	10	11	12	13
14 T	15	16	17	18	19	20 D	21	22	23	24	25	26

CRYPTIC CROSSWORD



ACROSS

7 Drink good, like a broken arm? (3,5)
8 A tailless donkey out of control (4)
9 Woollen cloths for quaint police officer (6)
10 View of snake etc, ruined (6)
11 Embodiment of almost heroic volume (7)
13 Relinquished partial price deduction (5)
15 Prepared to study? Yes, initially (5)
17 Don't follow orders, then cry, given E in homework (7)
19 Still constant interference (6)
21 Appearing at cargo area, but delayed (2,4)
23 Food for hen parties? (4)
24 Changing damaged triangle (8)

DOWN

1 We return after six for judgement (4)
2 A bouquet can give a lift (6)
3 Don't always be victorious, though charming (7)
4 Diagram including Indian city (4)
5 Head of snake enough for specimen (6)
6 Prisoner on island is real (8)
12 Respect Penny and the others, eg one returning (8)
14 Cheese for girl keeping something barred (7)
16 Loathe oddest bedsit? No, not odd (6)
18 Rest of parents lacking leadership (6)
20 Talk about Panama, for example (4)
22 Lake as well as countryside (4)

WORDSEARCH

Can you find the listed items in the grid? Words may run either forwards or backwards, in a horizontal, vertical or diagonal direction, but always in a straight, unbroken line.

A	T	D	S	S	E	N	I	S	U	B	A	M
L	T	A	U	A	Y	T	D	L	N	O	A	E
T	L	U	A	R	N	R	S	D	T	I	A	D
P	S	Y	C	H	O	L	O	G	Y	D	B	I
E	P	G	L	B	N	M	Y	T	S	U	K	C
R	O	T	N	A	I	R	A	F	S	A	E	I
N	E	U	E	I	E	O	O	N	D	I	L	N
B	T	S	R	K	N	L	G	A	C	T	H	E
I	R	E	O	N	K	E	A	R	R	E	H	S
O	Y	O	E	L	Y	I	D	L	A	E	T	E
L	C	M	O	S	H	F	A	R	A	P	C	B
O	E	R	D	R	P	O	N	L	A	N	H	R
G	E	H	S	I	A	U	T	I	E	G	T	Y
Y	E	P	A	O	R	H	T	R	O	P	S	L
N	R	E	I	M	G	S	E	M	U	S	I	C
A	T	E	D	E	O	F	L	R	N	M	I	S
A	K	H	E	M	E	E	C	N	E	I	C	S
U	T	R	N	R	G	F	I	C	T	I	O	N

AUDIO
BIOGRAPHY
BIOLOGY
BUSINESS
COOKERY
FICTION
FOLKLORE
GARDENING
GEOGRAPHY
HEALTH
HISTORY
MEDICINE
MEMOIRS
MUSIC
POETRY
PSYCHOLOGY
REFERENCE
ROMANCE
SCIENCE
SPORT

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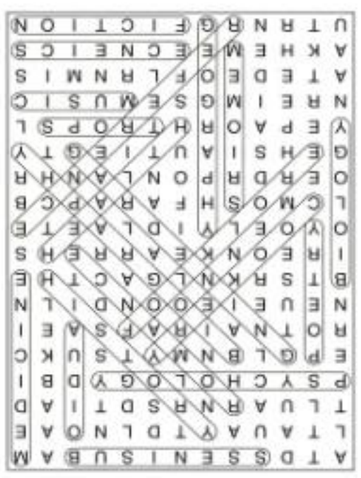


Wordsearch

Cryptic Crossword

Codeword

10-minute Crossword

ARROWORD

Follow the arrows to fill in your answers

Erosion	Section at the end of a book	Localities		Primates		Give weapons to		Seize with the teeth		Heavy-bodied snakes
				Covered walkway						
Cubist painter		Tapered rod for snooker		Rock layers		Vegetable bulb		Hi-fi unit		Snicker or laugh furtively
							Hardens on cooling or drying			
One of the seven deadly sins					Louse's egg				Opera with Egyptian setting	Put in the post
			Fish's steering limb		Small goods vehicle		Munches			
___ Swash, reality TV star		Best loved								
							British PM during the Suez Crisis			
Follower of an austere faith		Affectionate name for grandma				Hidden store (of treasure)				

PIECEWORD

With the help of the Across clues only, use the 25 pieces to recreate a symmetrical crossword in the empty grid.

ACROSS

2 Indict • Furthest limit

4 Contrariwise • Lobster pot

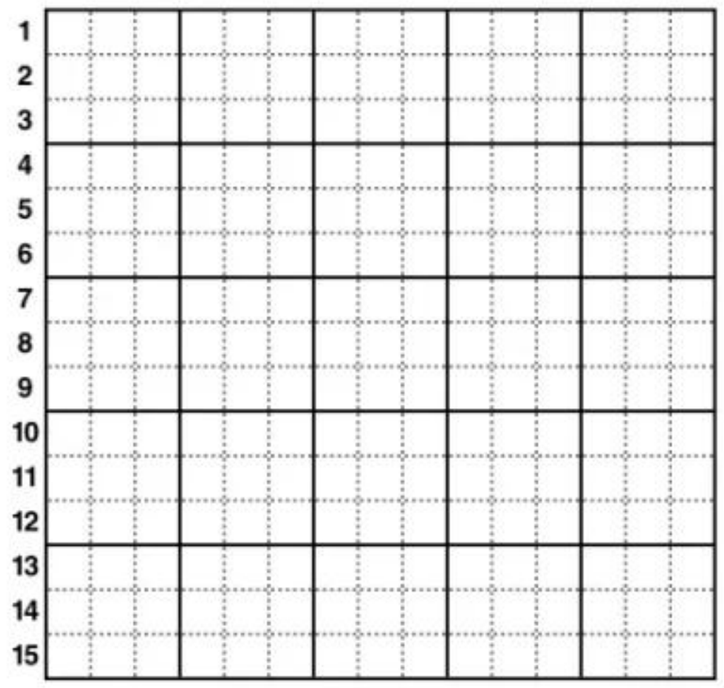
6 Disappear gradually • Device for airing a room

8 Parachute delivery • Compelling

10 Old form of transport • Hurried

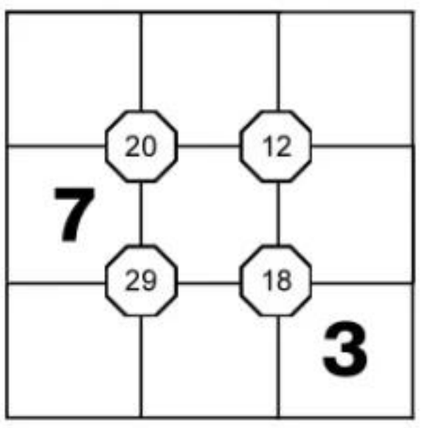
12 Middle of the body • Female head of a family

14 Defensive tower • Art of paper-folding



SEKUTA

Place the numbers 1 to 9 in the spaces so that the number in each octagon is equal to the sum of the four surrounding boxes.



SUDOKU

Place the numbers from 1 to 9 in each empty cell so that each row, each column and each 3 x 3 block contains all the numbers from 1 to 9.

Easy

6				8				3
	3		6		7		1	
8								5
		9	4		5	8		
	6	3				9	4	
7								4
3		8		2		6		9
	1	4				5	3	

Medium

6							2	
					1			7
	7		5					
	8	7					5	
3			9					
	2	5	6	1		3		
	6	8	1		3			
4		3	7		6	1		
	5			4				9

PATHFINDER

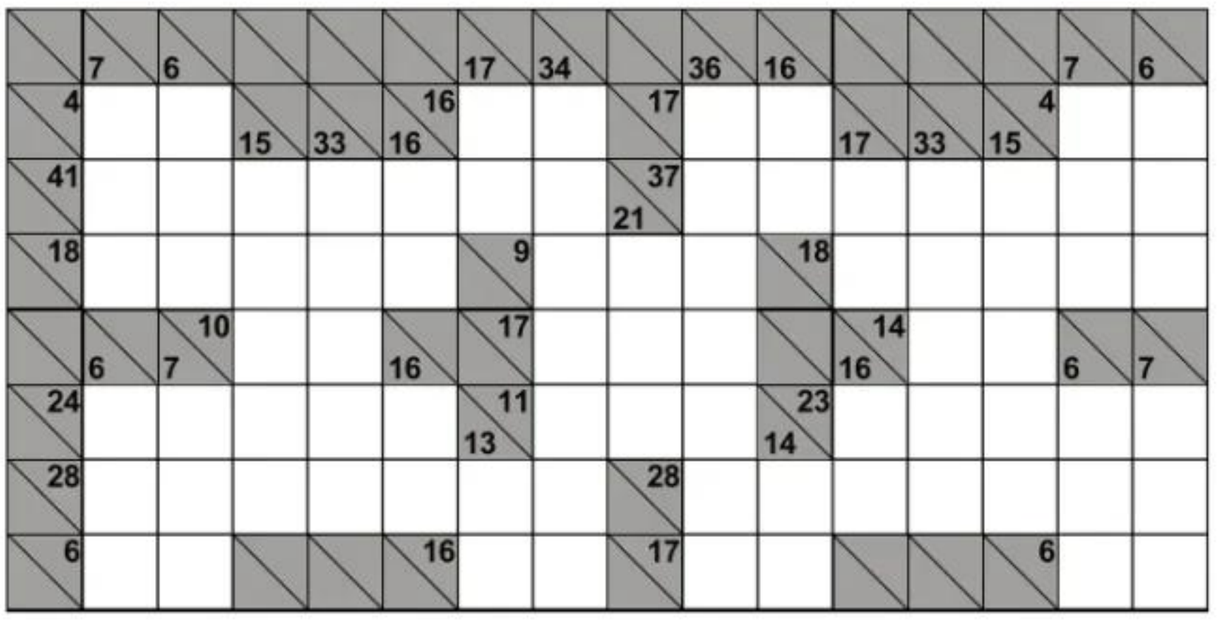
Beginning with the highlighted letter, follow a continuous path to find the listed words. The trail passes through each and every letter once, and may twist up, down or sideways, but never diagonally.

R	O	T	F	A	T	A	G	E	E	R	I	T
T	E	R	D	N	E	W	S	L	D	I	N	K
T	S	S	Y	C	R	G	D	C	D	R	E	N
N	E	M	A	H	X	O	O	A	Y	G	R	E
E	V	E	U	S	E	E	S	U	I	G	U	E
I	S	I	A	T	I	N	D	E	T	A	M	U
H	I	D	R	N	O	O	H	H	Y	F	E	T
C	N	N	U	S	R	A	T	R	D	B	A	S
A	G	G	F	W	A	M	T	A	R	S	N	O
E	E	N	A	E	D	C	E	D	O	T	N	C
K	P	I	T	O	W	H	A	C	H	A	E	R
Y	G	O	C	R	I	A	R	I	E	T	C	E
E	N	O	M	E	S	R	Y	T	E	R	S	P

ACHIEVEMENT
BANNER
CHARITY
CHEER
COSTUME
CROWD
DEHYDRATED
ENERGY DRINK
EXHAUSTION
FANCY DRESS
FATIGUE
FUND-RAISING
GOOD CAUSE
KEEP GOING
MARATHON
RAISE MONEY
SPECTATORS
SWEAT
TIRED LEGS
TROT
WATER

KAKURO

Fill the grid so that each block adds up to the total in the box above or to the left of it. You can only use the digits 1-9 and you must not use the same number twice in a block.



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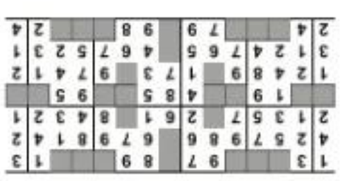
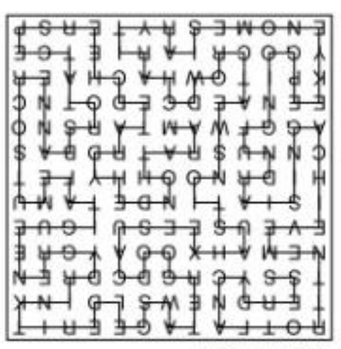
Pieceword



Kakuro

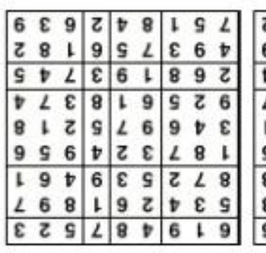
893
751
624

Sekuta

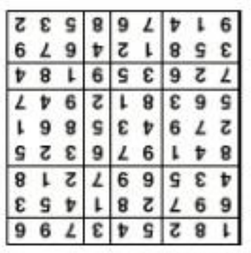


Pathfinder

MARATHON,
DEHYDRATED,
CHEER, SPECTATORS,
BANNER, COSTUME,
FATIGUE, ENERGY
DRINK, TIRED LEGS,
WATER, GOOD CAUSE,
EXHAUSTION, SWEAT,
CROWD, CHARITY,
RAISE MONEY, KEEP
GOING, FUND-RAISING,
ACHIEVEMENT, TROT,
FANCY DRESS.



Sudoku



Sudoku

Arroword

TV PREVIEWS

EDITOR'S CHOICE

Bettany Hughes' Lost Worlds: Dawn Of Civilisations

Saturday, C4, 8pm

If it's not a contradiction in terms, ancient history is very current right now, especially with Christopher Nolan's The Odyssey in cinemas.

So it's the perfect time for historian Bettany Hughes to go on a journey across ancient Anatolia (now modern-day Turkiye) to tell the story of human civilisation, exploring the emergence of the societies and myths that shape the way we see the world.

She begins in Ephesus, once a thriving port that gave refuge to Queen Cleopatra and her lover Mark Antony.

It was one of the great artistic powerhouses, and Bettany learns more about how art helped to define the ancient Mediterranean world.

Martin And Roman's Irish Road Trip

Monday, C4, 8pm

We've seen Bradley and Barney Walsh in Breaking Dad, and Jack and Michael Whitehall in Travels With My Father, and now another famous father and son dip their toes into the celebrity travelogue pool.

Martin and Roman Kemp are off on a road trip to investigate the legends, landscapes, mystery and history of Ireland. They begin on the south coast in County Cork – an area shaped by powerful tides and the kind of stirring myths that Martin loves.

They take to the water in kayaks to learn the story of Cliona, Queen of the Banshees, travel to the former prison known as "Ireland's Alcatraz", Spike Island, and visit a pub where Martin takes part in a storytelling community group.

Van Der Valk

Sunday, STV, 8pm

What if a pop star everyone thought was dead turned out to be alive – and a suspect in a murder? That's the premise behind the latest instalment of the Amsterdam-set crime drama.

Piet (Marc Warren) and the team are called in when an environmental campaigner is murdered on the eve of a global conference.

Several suspects are caught on CCTV, and one of them appears to be Cobie Stegenga, a famous singer who went missing.

Most people assumed she'd taken her own life, but Cobie's father has never given up hope that she's still alive.

Can the devoted dad and former fan Eddie Sulemann, who had his own theory about what happened to the star, help Piet get to the truth?

The Romans With Rob Rinder And Ruth Goodman

Tuesday, 5, 9pm

Rob and Ruth head back to 122 AD, when the great Emperor Hadrian made a visit to Roman Britain.

Rob follows powerful figures at the heart of Roman Londinium, like Quintus Pompeius Falco, the governor of Britain, who faces the biggest test of his career as he prepares to host the most powerful man in the known world.

He also uncovers the story of Hadrian himself, the hands-on ruler who arrived in Britain to oversee one of Rome's most ambitious building projects, Hadrian's Wall.

Meanwhile, Ruth investigates the lives of ordinary people living under Roman rule.

Joining the celebration of The One Show's 20th birthday this week are presenters, from left, JB Gill, Lauren Laverne, Alex Jones, Roman Kemp, Clara Amfo, Angellica Bell and Vernon Kay.

HIGHLIGHTS: Murder Trial on Wednesday looks at the death of dog walker Brian Low in Aberfeldy, and the following investigation which ended with a former colleague being found guilty of his murder; David Olusoga sets his sights on an Edinburgh townhouse built in 1785 for this new season of A House Through Time on Thursday; and Martin and Roman Kemp go on a journey together in Martin and Roman's Irish Road Trip on Monday.

The One Show At 20

Friday, BBC1, 7pm

It's 20 years since The One Show first appeared on our screens – and in the nicest way, some might think it feels like longer.

That's because it has become such a TV institution, it's hard to remember a time when it wasn't on.

The first episode aired on August 14 2006, as part of a pilot run hosted by Adrian Chiles and Nadia Sawalha. The idea was to bring viewers an updated version of the magazine show Nationwide.

It was such a hit, it was brought back the next year and has been with us ever since.

Now a week-long birthday celebration culminates as Alex Jones (who has been there an impressive 16 years) and co-host Roman Kemp bring together the biggest names, favourite stories and standout moments of 20 years.

Murder Trial

Wednesday, BBC2, 9pm

On the morning of February 17, 2024, the body of 65-year-old Brian Low was found on Leafy Lane near the Pitilie Track in Aberfeldy, Perthshire; the former groundsman died while out walking his dog Millie – she remained at her master's side throughout.

Initially, it was believed he died of natural causes until closer examination revealed a bullet wound, sparking a murder investigation.

A new two-part documentary explores the motivation for his murder as well as the hunt for and trial of the man accused of killing him – 77-year-old David Campbell, a former head gamekeeper and colleague of Low's.

There are also insights into the police's handling of the case, including how the fact Low had been shot was initially missed.

A House Through Time

Thursday, BBC2, 9pm

David Olusoga returns for the sixth series of his hugely compelling programme.

History has a tendency to focus on the wealthy, mostly because they could afford to have their stories recorded, but the reason A House Through Time is so fascinating is that it tells the tales of those who would otherwise go unnoticed. They're not making decisions that will change the world, yet their tales are as compelling as those who are.

This time, Olusoga is in Edinburgh to take a deep dive into a property built in 1785 on Calton Hill.

Its residents were largely aspirational – as we'll discover, one of them had a brush with Queen Victoria – while others included a wealthy widow and a post office administrator.

FILMS

SEE HOW THEY RUN: Police Inspector Stoppard (Sam Rockwell) and Constable Stalker (Saoirse Ronan) on the trail.

Bridget Jones's Diary

Saturday, BBC1, 10.20pm

Thirtysomething Bridget Jones (Renee Zellweger) struggles with her age, weight, job and lack of a serious relationship. Deciding to turn things round, she makes a New Year's resolution to take control of her life and starts by keeping a diary. However, she soon finds herself torn between her charming though disreputable boss (Hugh Grant) and a disagreeable, but handsome acquaintance (Colin Firth). Zellweger is utterly lovable – and boasts a very impressive English accent – as Bridget, while Grant clearly relished an opportunity to shrug off his usual persona and play a cad.

See How They Run

Tuesday, Film4, 7.05pm

Producer John Woolf secures the film rights to The Mousetrap – with the blessing of Agatha Christie (Shirley Henderson). Obnoxious American director Leo Kopernick is poised to call the shots on an adaptation by pernickety playwright Mervyn Cocker-Norris. A post-show soiree at the Ambassadors Theatre to celebrate the production's 100th performance degenerates into fisticuffs and a lifeless body on the stage. Metropolitan Police Inspector Stoppard (Sam Rockwell) and Constable Stalker (Saoirse Ronan) arrive at the theatre to crack the case. See How They Run is a frightfully jolly jape that simultaneously venerates and pokes fun at the musty conventions of a murder mystery.

Red Eye

Wednesday, BBC1, 11.10pm

Beautiful young businesswoman Lisa Reisert (Rachel McAdams) thinks she has hit the jackpot when she's seated next to Jackson Rippner (Cillian Murphy) on a plane. In fact, she is about to fly into a living nightmare because the handsome stranger has an ulterior motive for being on board the late-night flight to Miami. Jackson reveals he is part of a murderous plot to kill the deputy secretary of Homeland Security, who is due to stay at the hotel where Lisa works. He asks Lisa to use her considerable influence to ensure the success of the assassination – and if she refuses, her father will be killed instead. Red Eye takes a simple, neat concept and wrings every last drop of suspense from the battle of wits between hunter and prey.

Mothers' Instinct

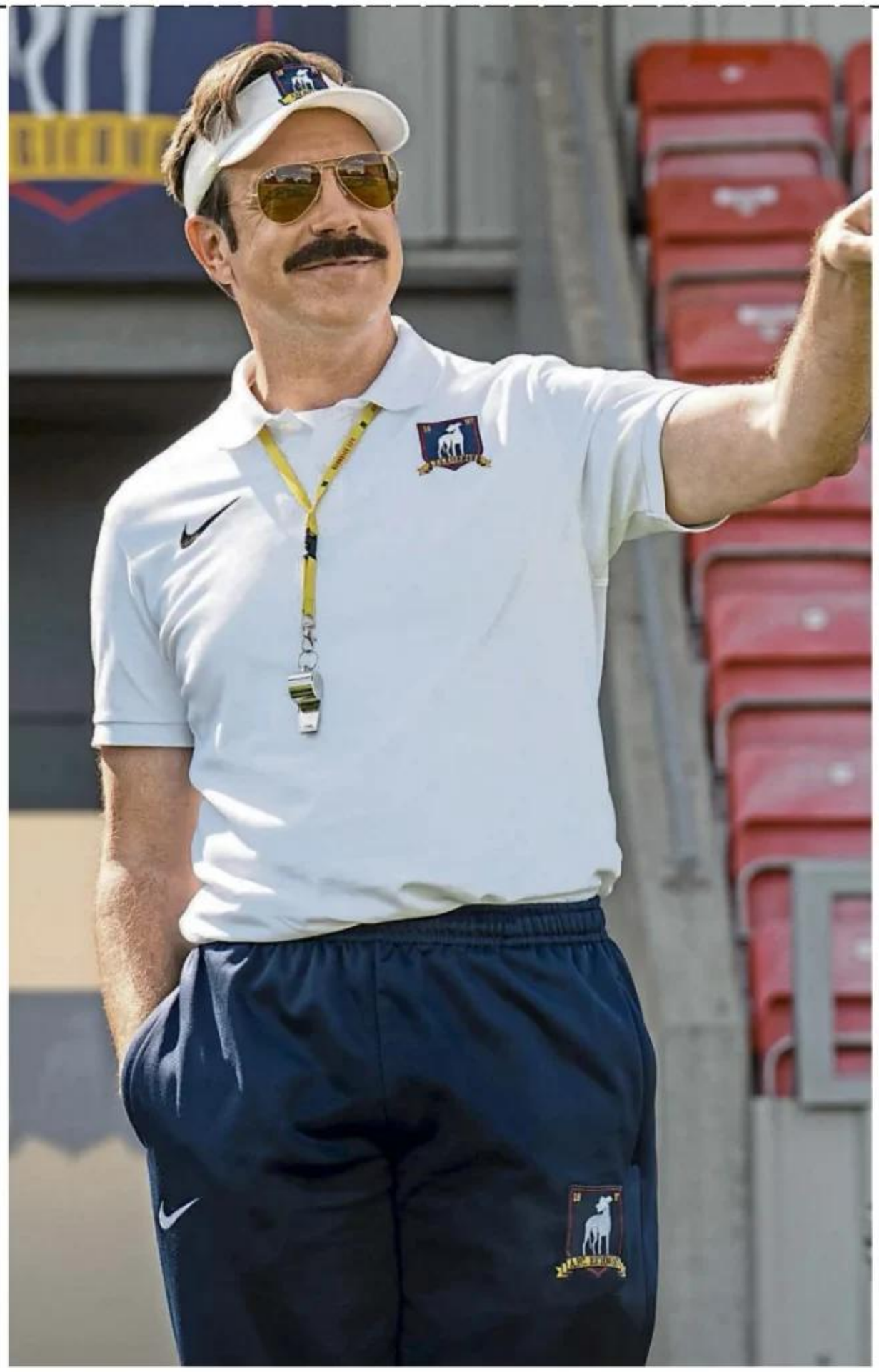
Friday, BBC1, 11.10pm, premiere

A mother's love is a delicate rose with razor-sharp thorns in a handsomely cultivated English-language remake of Olivier Masset-Depasse's 2018 psychological thriller Duelles. Transplanted from 1960s bourgeois Brussels to American suburbia, it pits Jessica Chastain and Anne Hathaway against each other in a Hitchcockian plot that tightens the screws on best friends as they wrestle with grief and guilt in the aftermath of a tragic accident. Sarah Conradt-Kroehler's script shifts the balance of power between female protagonists, discharging the tension in a twisted final flourish guaranteed to drop a few jaws.

TV INTERVIEW

By Lynn Rusk

‘Life is a team sport’: Jason Sudeikis on the return of Ted Lasso and his brand of humour and hope



When Ted Lasso first hit screens in 2020, audiences around the world fell in love with the enduring optimism and upbeat attitude of its Midwestern American football coach.

Played by Jason Sudeikis, Ted Lasso is unexpectedly hired to manage AFC Richmond, a fictional English Premier League football club, despite having no experience coaching the sport.

Although set up to fail, Lasso’s warmth and humour win over the team, along with the club’s sceptical owner, Rebecca Welton, played by Hannah Waddingham.

The series became an instant success, earning the most Emmy nominations ever received by a first-season comedy.

Now, fresh from an appearance at the World Cup final half-time show in New Jersey, the cast returns for a fourth season.

This time, Lasso is back to face his biggest challenge yet – coaching the club’s newly-formed second division women’s team.

Season four sees the return of Brendan Hunt as Coach Beard, Brett Goldstein as former player-turned-assistant coach Roy Kent, Juno Temple as Keeley Jones and Jeremy Swift as Leslie Higgins.

Joining the cast are Tanya Reynolds as Alice Chilton, a member of the coaching staff brought in to help lead the women’s team, alongside Jude Mack, Faye Marsay, Aisling Sharkey and Abbie Hern.

Sudeikis, 50, who also co-created the show, says he felt compelled to return because he couldn’t shake his enthusiasm for the story.

“It was really about kicking the tyres and seeing whether the enthusiasm I was feeling bubbling inside me was rippling out to everyone else,” he says.

“Even then, though, you still have to deal with a healthy amount of self-doubt and the concern of going back to the well. You have to answer those questions internally: ‘Why now? Why do this again?’

'TACHE TALK: Jason Sudeikis returns as Ted Lasso; right, Brendan Hunt as Coach Willis Beard, Sudeikis and Tanya Reynolds as Alice Chilton.

“But yeah, once everyone says yes, you just don’t want to let anybody down. So off we went.”

Despite a three-year break since the last series, Sudeikis says the timing of the show’s return proved to be a happy coincidence, with the cast appearing during this year’s World Cup final half-time show ahead of the new season’s release.

“It’s been in the works for a long time,” he says. “We knew it was incredibly fortuitous that we’d have this amazing opening act, commercially speaking, with the men’s World Cup happening before our show launched.”

Sudeikis and co-creator Hunt, 54, also became converts to the women’s game while filming season three in London during the Women’s Euro 2022.

“We were fortunate enough to be in London when the Lionesses won the tournament,” Sudeikis recalls.

“The whole country was celebrating, so it was incredibly exciting. Then we got to meet some of the players and became friendly with them, which was a great experience.”

With the new season focusing on women’s football, Sudeikis hopes the series will encourage more people to embrace the sport.

“I hope that people who didn’t know much about soccer, or didn’t really understand it, care about it, or were simply curious, found their way into the game,” he says.

Season four not only celebrates the women’s game but also explores the realities that come with it – disparities in resources and media coverage, the demands placed on players balancing careers and personal lives, and the resilience required to succeed in a system still finding its footing.

Asked why Ted Lasso continues to resonate as a comfort watch, Hunt says its central message is one of togetherness.

“We’re all in this together. More than anything, especially at a time when we’re so separated and having these bespoke, algorithm-driven experiences that are designed to feel as though they’re just for us, it’s easy to think we don’t need other people.

“But we do. So get out there and meet people. Be curious, not judgmental.”

Sudeikis, in true Ted Lasso style, chimes in: “Life is a team sport!”

Marsay, 39, best known for her roles in Game Of Thrones and Adolescence, says joining the series appealed to her because of its hopeful message.

“I love that it’s a show about the underdog, and it’s a show about hope,” she says.

“You can watch Ted Lasso and have a moment of feeling sad, or whatever a character is trying to communicate to you, but then you’re snapped back into a place of hope and trying your best.

“I wanted to be part of a show that gives people that, especially in a world that’s been quite tricky for a while now. Really, it’s been that way ever since Ted Lasso started, with the pandemic and everything that followed.”

Ted Lasso Season Four is on Apple TV now.

TELLY BOX

This week's TV reviews with **David Pollock**

SOAP BOX

This week's soap round-up

EastEnders (BBC1)

Gray makes Ian an offer he can't refuse – protection behind bars in return for luring Chelsea to the prison for a visit. When Chelsea turns up, Ian is horrified to realise the extent of Gray's plans. And Max and Cindy set a wedding date.

Coronation Street (STV)

Sarah becomes a marked woman in prison until she's befriended by fellow inmate Kacey, who promises to keep her safe. Bethany, however, is somewhat unnerved by the way she stares at her and her mum during a visit. And Sarah tells Kit their relationship is over.

Emmerdale (STV)

Charity finds the strength to confront her abuser, but it doesn't go the way she had hoped – rather than confessing, Todd threatens to take legal action and tell Sarah the truth about baby Leyla. As the situation becomes more heated, Charity calls Todd a rapist, and someone overhears...

Hollyoaks (E4)

Caleb looks for a way to feel close to his late mum Debbie on what would have been her birthday, and as he knows she always wanted to travel, he suggests to Frankie that they see the world together. Jonah panics at the thought of his son leaving and reveals a family secret that might clip his wings. In the wake of the revelation, Caleb questions why his dad is still planning on having a barbecue in Debbie's honour.

Home And Away (5Star)

Despite his best efforts to fulfil Beau's demands, Sonny fails again to sell steroids to sustain his habit. Dana innocently interrupts a prospective deal by insisting they talk about their relationship before she proposes. Beau is in no mood to listen to Sonny's excuses and later, he loses his temper with Harper and hurts her wrist, leaving her to break down in tears after he leaves.

TRAIL ACROSS TIME: Gugu Mbatha-Raw plays mixed-race British lawyer Claudia McKenzie in Sky Original series Possession.

Spooky mystery Possession switches across centuries as dark past of island in sun is brought into dramatic focus

Apparently formerly titled Inheritance, but now renamed the more supernaturally-charged Possession, Sky's new five-part streaming drama series is a slow-burner on the evidence of the first episode.

Yet it's one which tries to be a lot of things at once, and which has hit most of the right notes so far.

Its focal point is contemporary Bristolian lawyer Claudia, played by Gugu Mbatha-Raw, who's already well-known for playing different and challenging roles in everything from Black Mirror and Apple TV's Surface to the Marvel series Loki.

Claudia is sharp and focused, and when she's charged by her boss with travelling to Jamaica to settle an inheritance claim, she barely seems to register the situation's socio-political fallout.

Alfred Connaught was a big client of the company Claudia works for, with around £50 million in assets and investments held with them.

Yet the other week he died and now his son Oliver has apparently been disinherited by a previously-unknown new will presented by a mysterious man, known as Cudjoe East, in Jamaica.

Once she's taken the job, Claudia begins to have strange and unsettling dreams, and when she arrives at the elder Connaught's homestead – the Jamaican former plantation Hope Hill – these intensify.

Angelo (Jeff Crossley).

She's met by a man named Angelo (Jeff Crossley), who parties hard and becomes aggressive when he's drunk, spitting at her.

Yet Angelo seems terrified of what Claudia's discovered in a casket under the floorboards, and the ghostly atmosphere around the place is accentuated when the action slips back centuries in time to introduce us to the former plantation owner's daughter Charlotte (Bel Powley) and a mysterious slave played by Sheldon Shepherd.

Written by English screenwriter and actor (most recently seen in Netflix's Toxic Town and Something Very Bad Is Going To Happen) Karla Crome, from a story by Jefferson Bannis, and directed by Jamaican director Storm Saulter, Possession is creepy and jump-scary, trading on the feeling that there's an old Jamaican magic lurking below the surface which Claudia is only dimly aware of.

At the same time, it's two family dramas in one.

One mystery centres on the inheritance being chased by the plummy Oliver, who's played by Jonny Lee Miller with echoes of his role as John Major in The Crown and not a hint of his career-defining part as Sick Boy in Trainspotting.

The other revolves around Claudia herself, who's being confronted by her own biracial ancestry and thoughts of her mother, who died soon after she was born.

All this brings the supposedly well-educated character face-to-face with the colonialism not just of the past, but of the present-day system of which she's a part.

Her boss specifically sends her to do this job because he wants to "consider the optics", and when she gets to Jamaica Claudia is haughtily dismissive of the country's problem with fraud, searching for some information and dirt on Mr East so she can dismantle his claim.

In a drama which is intriguing on many levels, it feels like Claudia's and our preconceptions are going to be strongly challenged over the next few weeks.

saturday
august 8

critics' choice

Bettany Hughes' Lost Worlds: Dawn of Civilisations
(Channel 4, 8pm-9pm)

If it's not a contradiction in terms, ancient history is very current right now, especially with Christopher Nolan's The Odyssey in cinemas. So, it's the perfect time for historian Bettany Hughes to go on a journey of her own across ancient Anatolia (now modern-day Türkiye) to tell the story of human civilisation, exploring the emergence of the societies and myths that continue to shape the way we see the world. She begins in Ephesus, which was once a thriving port that gave refuge to Queen Cleopatra and her lover Mark Antony.

Paul Heaton at the BBC
(BBC2, 8.35pm-10.10pm)

One of Britain's most prolific and successful singer-songwriters of the past four decades, Paul Heaton started his career as frontman of the Housemartins and then formed the Beautiful South. This collection of performances and best BBC moments celebrates Paul's impressive career.

Space Soundtracks at the Proms
(BBC2, 7.35pm-8.35pm)

Actor Nick Mohammed journeys through the Proms archive to celebrate the music that transformed people's view of the universe. Featuring Richard Strauss's Also sprach Zarathustra from 2001: A Space Odyssey, Gustav Holst's The Planets and John Williams's score for Star Wars.

Gloria: My Life on TV
(BBC4, 8pm-9pm)

Gloria Hunniford looks back at her life and career, revealing what it has been like to be woman, mother and grandmother on TV and radio for more than half a century. She talks about her experience as a young woman working in the male-dominated newsrooms of the era, and how she survived personal tragedies.

Johnny English
(ITV2, 5pm-6.45pm)

A bumbling secret agent becomes Britain's leading spy following the assassination of all the country's other espionage experts. He sets out to unmask a villain responsible for stealing the Crown Jewels - but no one is prepared to believe a sinister billionaire is the culprit. Comedy, starring Rowan Atkinson.

daytime

BBC1

6.00 Breakfast
10.00 Saturday Kitchen Best Bites
11.30 Anna Haugh's Big Irish Food Tour (r)
12.00 Homes Under the Hammer (r)
1.00 BBC News; Weather
1.15 Bargain Hunt (r)
2.15 Money for Nothing (r) Restorer Peter falls in love with a rosewood coffee table.
3.15 Escape to the Country (r) Ginny Buckley helps a couple look for a new home in South West Wales.
4.15 FILM: Night at the Museum: Secret of the Tomb (2014) Fantasy comedy sequel, starring Ben Stiller.
5.50 BBC News
6.00 Reporting Scotland; Weather
6.10 The Hit List Celebrity Special
6.55 Alan Carr's Picture Slam

BBC2

6.30 Children's Programmes
9.15 Gardeners' World (r)
10.15 FILM: Angels One Five (1953) Second World War adventure, starring Jack Hawkins.
11.50 The Great British Sewing Bee (r)
12.50 A Cook Abroad: Monica Galetti's France (r) A culinary tour of the Jura region.
1.50 FILM: Summer Holiday (1963) Musical comedy, starring Cliff Richard.
3.35 Fake or Fortune? (r) The art detectives investigate potential works by Lucian Freud. Last in the series.
4.35 Evolution (r) Chris Packham studies dolphins to find answers to how intelligence itself evolved, from light-sensing cells to conscious thought.

STV

6.00 James Martin's American Adventure (r)
7.00 FILM: The Man with the Golden Gun (1974) James Bond adventure, starring Roger Moore and Christopher Lee.
9.25 ITV News
9.30 James Martin's Saturday Morning (r)
12.00 Prue Leith's Cotswold Kitchen (r)
1.00 ITV News; Weather
1.10 STV Racing: Live from Ascot Oli Bell presents coverage of the Shergar Cup.
5.00 Tipping Point: Best Ever Finals (r)
5.30 The Chase Celebrity Special (r) With Richard Bacon, Daisy Arwen Campbell, Neil Jones and Gary Wilmot.
6.30 ITV News; Weather
6.45 STV News; Weather

primetime

7.40 Michael McIntyre's Big Show (r) Josh Widdicombe plays the Midnight Gameshow, Tony Bellew hands over his phone in Send to All, and Justin Hawkins is the Unexpected Star Star of the Show. Olly Alexander performs.
8.35 Pointless Celebrities (r) Charlene White, Fern Britton, Chloe Madeley, James Haskell, Crystelle Pereira, Kwoklyn Wan, Phil Wang and Pierre Novellie try to come up with the least likely correct answers.
9.25 How Are You? It's Alan (Partridge) (r) Newly single and never happier, Alan throws himself into new experiences to see if trying fresh things can improve people's wellbeing – and finds joy in the unexpected.
10.00 BBC News; Weather
10.20 FILM: Bridget Jones's Diary (2001) A woman begins a new year by resolving to find love and give up her bad habits. Romantic comedy based on Helen Fielding's novel, with Renee Zellweger, Hugh Grant and Colin Firth.
11.50 Sportscene: Premiership Highlights (r) Action from the latest matches, featuring Dundee v Aberdeen at Dens Park, Motherwell v Falkirk at Fir Park and St Mirren v St Johnstone at McDiarmid Park.

5.35 FILM: Superman II (1980) The Man of Steel returns to take on a trio of super-powered fugitive villains from his home planet of Krypton. Comic-strip adventure, starring Christopher Reeve and Terence Stamp.
7.35 Space Soundtracks at the Proms Nick Mohammed celebrates music that has transformed people's view of the universe, including Richard Strauss's Also sprach Zarathustra and Gustav Holst's The Planets.
8.35 Paul Heaton at the BBC Archive appearances by the former Housemartins and Beautiful South frontman, with the man himself explaining the context and back stories behind some of his best-loved hits.
10.10 Paul Heaton: Live at Bramall Lane The singer returns to Sheffield for a 2025 concert at Sheffield United's stadium, delivering a career-spanning set featuring hits by the Housemartins and the Beautiful South.
11.35 The Housemartins in London 0 Hull 4 (r) A 1987 documentary about the band, looking at how their rise to fame from relative obscurity in Hull left their home lives irrevocably unchanged.

7.00 Deal or No Deal: Celebrity Special Stephen Mulhern hosts a special edition of the game show as TV favourites Adam and Ryan Thomas go up against the infamous Banker. Supported on the wings by their friends, family and a few famous faces, will the brothers be tempted to take an offer, or will they hold out until the end and be rewarded with £100,000 for their charity?
8.00 FILM: Quantum of Solace (2008) James Bond sets out on a personal mission of vengeance as he pursues the secret criminal organisation Quantum. His search leads him to the head of an ecological corporation, who is plotting to orchestrate a coup in a Latin American country to get his hands on a precious natural resource. Spy thriller sequel, starring Daniel Craig.
10.05 ITV News; Weather
10.20 The Staircase In 2003, tensions rise and old wounds reopen as the Petersons' eldest son Clayton returns home and unwittingly makes a critical discovery.
11.35 Sorry, I Didn't Know (r) Chizzy Akudolu hosts the panel show about black history, with Desiree Burch, Ria Hebden, Matt Richardson and Shazia Mirza joining captains Richard Blackwood and Eddie Kadi.

late

12.20 FILM: Man Up (2015) **12.20** Weather for the Week Ahead **1.50** BBC News

12.20 Top of The Pops: The Beautiful South **12.50** FILM: Fallen Leaves (2023) **2.05** Sign Zone: The Rapture (r) **3.05** This Is BBC Two

12.10 Shop on TV **3.00** Cold Case Forensics: A Death on the Nile (r) **3.50** Unwind with STV **5.00** Fern Britton: Inside the Vet's (r)

Alan Carr's Picture Slam, *6.55pm*

Paul Heaton: Live at Bramall Lane, *10.10pm*

The Staircase, *10.20pm*

RADIO LISTINGS

BBC RADIO 1
7.00 Radio 1 Weekend Breakfast with James Cusack. **10.00** Radio 1 Anthems with James Cusack. **10.30** Newsbeat. **10.32** Radio 1 Anthems with Nat and Vicky. **11.00** Radio 1's Group Chat with Nat and Vicky. **1.00** Mylo and Rosie. **4.00** Radio 1's Dance Anthems with Charlie Hedges. **5.00** Radio 1's Dance Anthems with Charlie Hedges. **6.00** Radio 1's Dance Anthems with Charlie Hedges. **7.00** Radio 1's Soundsystem with Jeremiah Asiamah. **9.00** Radio 1's Rap Show with Kenny Allstar. **10.30** Radio 1's Rap Mixtape. **11.00** Radio 1's Drum & Bass Show with Charlie Tee. **12.00** Radio 1 Dance Drum & Bass Mix. **12.30** Radio 1 Dance Drum & Bass Mix. **1.00** Radio 1's Classic Essential Mix. **3.00** Future Dance Mix with Sarah Story. **3.30** Pete Tong's Hot Mix.

BBC RADIO 2
5.00 Tracks of My Years. **6.00** Sounds of the 60s with Tony Blackburn. **8.00** Joel Dommett. **10.00** Romesh Ranganathan. **1.00** Ellie Taylor. **3.00** Rylan on Saturday. **6.00** Sounds of the 80s with Gary Davies. **8.00** Sounds of the 90s with Fearne Cotton. **10.00** Dance Sounds of the 90s with Vernon Kay. **11.00** Alternative Sounds of the 90s with Dermot O'Leary. **12.00** The Music Is Black. **2.00** 21st Century Folk. **4.00** Tony Blackburn's Sounds of Soul.

BBC RADIO 3
9.00 Saturday Morning. **12.00** Earlier... with Jools Holland. **1.00** Key Changes: Radio 3's Essential History of Classical Music. **2.00** Record Review. **4.00** Sound of Cinema. **5.00** BBC Proms 2026. **7.30** BBC Proms 2026. **9.40** BBC Proms 2026. **11.00** New Music Show. **12.30** Through the Night.

BBC RADIO 4
7.00 Today. **9.00** What Happened to Counter-Culture? **9.30** What's Up Docs? **10.00** You're Dead to Me. **10.30** The Kitchen Cabinet. **11.00** Radical. **11.30** From Our Own Correspondent. **12.00** News. **12.04** Toast. **12.30** Current-ish. **12.57** Weather. **1.00** News. **1.10** Any Questions? **2.05** Any Answers? **2.45** The Archers. **3.00** Drama: August in Manchester. **4.00** Weekend Woman's Hour. **5.00** Saturday PM. **5.30** Sliced Bread. **5.54** Shipping Forecast. **5.57** Weather. **6.00** Six O'Clock News. **6.15** Loose Ends. **7.00** Last Word: Doing Death Differently. **7.15** Changing the Odds. **8.00** Archive on 4: Writing Our Mothers. **9.00** Ten Fights That Made the Green Movement. **10.00** News. **10.15** The Food Programme. **11.00** Olga Koch: OK Computer. **11.30** Brain of Britain. **12.00** Midnight News. **12.15** Bookclub. **12.48** Shipping Forecast. **1.00** As BBC World Service.

BBC RADIO 5 LIVE
5.00 5 Live Boxing. **6.00** Saturday Breakfast. **9.00** Patrick Kielty. **11.00** Punch Perfect. **11.30** Karel Prince: Lie Detector. **12.00** 5 Live Sport. **3.00** 5 Live Sport. **5.00** Sports Report. **6.00** 606. **8.00** Punch Perfect. **8.30** Karel Prince: Lie Detector. **9.00** Stephen Nolan. **12.00** Don't Say a Word. **12.30**

CHANNEL 4

6.10 Cheers (r)
8.00 Everybody Loves Raymond (r)
9.25 Frasier (r)
10.55 The Simpsons (r)
12.25 The Simpsons (r)
12.55 Four in a Bed (r)
1.25 Four in a Bed (r)
1.55 Four in a Bed (r)
2.25 Four in a Bed (r)
2.55 Four in a Bed (r)
3.30 The Dog House (r) Adopted sisters Niamh and Holly consider adopting leggy lurcher Skye.
4.30 Kirstie and Phil's Love It or List It (r) The hosts help Lexie and Ed decide whether to renovate or sell their home.
5.35 Grand Designs (r) A recently widowed 82-year-old sets out to build an accessible, ultra-sustainable home.
6.30 Channel 4 News

7.00 Sandi Toksvig's Hidden Wonders (r) Sandi Toksvig rediscovers her love of archaeology, more than 40 years after earning her degree in the subject. The first episode focuses on an Iron-Age cemetery.
8.00 Bettany Hughes' Lost Worlds: Dawn of Civilisations Part one of two. The historian journeys across Türkiye to uncover the origins of civilisation, tracing the birth of agriculture, religion, trade, urban life, myths, and empire.
9.00 Dictator: The Hitler Interviews Personal testimonies of those who met and knew Adolf Hitler are woven together to create a unique portrait of the man behind some of the worst crimes in history. Friends and contemporaries of the dictator recall how tyranny took hold in Germany during the 1930s.
10.00 Elvis, the Colonel and the Mob Part one of two. Documentary about how the singer and his manager got mixed up in organised crime, with the Mafia exploiting his Las Vegas shows to aid money-laundering operations.
11.05 Elvis, the Colonel and the Mob Part two of two. By the late 1960s, Elvis Presley is fading, creatively stifled and trapped in bad movies. His manager, Colonel Tom Parker, plans a comeback in Las Vegas.

12.10 FILM: The Contractor (2022) **1.55** Ramy **2.30** Ramy **3.10** Ramsay's Hotel Hell (r) **4.05** Location, Location, Location (r) **5.00** The Simpsons (r) **5.25** The Simpsons (r) **5.50** Cheers (r)

5

6.00 Milkshake!
9.05 Entertainment News on 5
9.10 Secrets of the Royal Palaces (r)
11.00 Yorkshire's Poshest Hotel: Grantley Hall (r)
12.00 Yorkshire's Poshest Hotel: Grantley Hall (r)
1.00 The Royals: Uncensored
2.00 Coastal Adventures with Helen, Jules & JB (r) Helen Skelton, JB Gill and Jules Hudson explore the UK's coastline.
3.00 Coastal Adventures with Helen, Jules & JB (r) In Pembrokeshire, Jules Hudson joins Sea Trust Wales to help photograph porpoise.
4.00 Live: UK's Strongest Man 2026 Coverage of the semi-final from Braehead Arena, Glasgow.
6.55 5 News Weekend

7.00 Sussex: Jewel of the South Coast A look at the discovery of a Bronze Age settlement near Hastings, while there is a visit to a pioneer who started the English wine revolution 50 years ago. The revolutionary past of the White Hart Inn in Lewes is explored as its painstaking restoration takes place, revealing how Thomas Paine debated ideas in one of its upstairs rooms that may have found their way into the American constitution.
8.00 The Middletons: The Making of a Modern Queen (r) The Middleton family's journey from humble beginnings to their profound influence on the monarchy, and their positive role in raising their daughter Kate for her future role.
9.30 Kate: Our New Diana? (r) Documentary comparing and contrasting the life and style of two Princesses of Wales – Diana, who died in 1997, and Kate, who eventually took on her title.
10.30 Diana & the Curse of the Spencers (r) Documentary examining the difficult upbringing of Diana, Princess of Wales, exploring how her parents' explosive relationship shaped the child who would become a global icon.

12.00 We Love Bridget Jones: All the Laughter & More (r) **1.20** Cruise TV with LoveitBookit (r) **2.20** Entertainment News on 5 **2.30** GPs: Behind Closed Doors (r) **3.20** Around the World in First Class with Josie Gibson (r) **4.10** Friends (r) **4.35** Yorkshire with Jane McDonald (r)

Sandi Toksvig's Hidden Wonders,
7pm

Kate: Our New Diana?,
9.30pm

Strange But True Crime. **1.00** Edward Adoo.

CLASSIC
6.30 Classic FM Breakfast with Lucy Coward. **9.00** The Classic FM Hall of Fame Hour with Tim Lihoreau. **10.00** Tim Lihoreau. **12.00** Dawn O'Porter. **3.00** Alan Titchmarsh. **6.00** Classic FM at the Movies with Richard Armitage. **8.00** Next Level with DanTDM. **10.00** Calm Classics. **2.00** Katie Breathwick.

BBC RADIO SCOTLAND
6.30 Out of Doors. **8.00** Radio Scotland Breakfast. **9.00** The Saturday Show. **12.00** Off the Ball. **2.00** Sportsound. **5.30** Sportsound Extra Time. **7.00** Take the Floor. **9.00** Piping Sounds. **10.00** Roddy Hart's Mix Tape. **12.00** As BBC Radio 5 Live.

freeview/satellite

BBC3

7.00 FILM: Puss in Boots (2011). The swashbuckling feline goes on a quest for a magical golden goose. Animated comedy spin-off from the Shrek movies, with the voices of Antonio Banderas and Salma Hayek. **8.20** Not Going Out. **9.50** Mrs Brown's Boys New Year Special 2016. **10.20** Mrs Brown's Boys New Year Special 2017. **10.50** Ghosts Australia. **12.05** Schitt's Creek. **1.30** Bluestone 42. **3.00** My Mate's a Bad Date. **3.50** Close.

BBC4

7.00 Jungle Animal Hospital: Natural World. **7.05** Life on Earth. **8.00** Gloria: My Life on TV. **9.00** Gloria Hunniford Remembers – Doris Day. The presenter reflects on her 1995 interview with the American actress and singer, who famously starred in Calamity Jane, Hitchcock's The Man Who Knew Too Much and a string of hit romantic comedies. Gloria shares the memories of how the encounter came together and some special behind-the-scenes moments that TV viewers of the day never got to see. **9.15** Doris Day: Pebble Mill Special. A 1995 programme in which Gloria Hunniford interviews the American actress and singer at her home in Carmel, California. The pair discuss the discovery of a lost album of love songs that were recorded in 1968 and the emotional attachment Doris has to certain lyrics. Plus, Day speaks about her dreams of being a ballerina as a child, which were shattered by a near fatal accident. **9.55** Wogan with Gloria Hunniford. Author Salman Rushdie, actor Aidan Quinn and jazz singer and songwriter Ann Hampton Callaway join Gloria as she sits in for Terry Wogan. First broadcast in 1992. **10.25** The Val Doonican Music Show. The singer is joined on his entertainment show by broadcaster Gloria Hunniford and the Cambridge Buskers. First broadcast in 1983. **11.10 FILM:** Parallel Mothers (2020). The story of two mothers who bond in unexpected way after giving birth the same day. Drama, starring Penelope Cruz and Milena Smit. **1.05** Keeping Up Appearances. **1.35** To the Manor Born. **2.05** Life on Earth. **2.55** Close.

ITV2

6.00 Deal or No Deal. **7.00** In for a Penny. **8.05** Dress to Impress. **10.05** Deal or No Deal. **1.10** Wheel of Fortune. **2.10** Celebrity Catchphrase. **3.15 FILM:** Penguins of Madagascar (2014). The flightless birds join a secret society of animals to foil a plot for world domination. Animated comedy, with the voices of Benedict Cumberbatch and John Malkovich. **5.00 FILM:** Johnny English (2003). A bumbling British secret agent tries to unmask a mysterious villain responsible for stealing the Crown Jewels. Comedy, with Rowan Atkinson, John Malkovich and Natalie Imbruglia. **6.45 FILM:** Miss Congeniality (2000). A terrorist threatens to bomb a Miss United States beauty pageant, resulting in an FBI agent going undercover as a contestant. Comedy, starring Sandra Bullock and Michael Caine. **9.00 FILM:** John Wick: Chapter 2 (2017). When an Italian crime lord holds him to a blood oath, hitman John Wick goes on another murderous rampage. Action sequel, starring Keanu Reeves. **11.20** Family Guy. **12.20** American Dad! **1.20** Plebs. **1.50** Transaction. **2.15** Unwind with ITV. **3.00** Teleshopping.

ITV3

6.00 A Touch of Frost. **12.20** The Darling Buds of May. **2.30** Midsomer Murders. **10.15** Vera. A body is discovered on the Northumberland moors, and identified as a woman who made a distressed 999 call on the night of her death - suggesting she may have been abducted by someone she knew. Vera takes on the case, and discovers the victim was a controversial figure in her home town, who had a complicated relationship with her family and a number of well-hidden secrets. **12.00** Inspector Morse. **2.15** Unwind with ITV. **2.30** Teleshopping.

ITV4

6.00 World of Sport. **6.15** The Professionals. **8.25** World Rally Championship Highlights. **9.30** ITV Racing: The Opening Show. Rishi Persad and the team are at Ascot ahead of the 2026 Shergar Cup. **10.30** The Big Match Revisited. **11.35** The Derby Through the Years. **11.55** River Monsters. **12.25** The Motorbike Show. **1.30** Cadfael. **3.05 FILM:** The Horse Soldiers (1959). A Union cavalry officer is ordered to demolish a railway junction, but finds his authority constantly challenged by a surgeon. Western, starring John Wayne and William Holden. **5.30** Sharpe. **10.00** EFL Carabao Cup Highlights. **11.30** All Elite Wrestling: Dynamite. **1.50** Minder. **2.45** Unwind with ITV. **3.00** Teleshopping.

SKY ONE

6.00 Hawaii Five-0. **8.00** La Brea. **10.00** Animal Control. **11.30** The Simpsons. **2.00** The Hundred Live. MI London Men v Trent Rockets Men (Start-time 2.30pm). Coverage of the match from Kia Oval in London. **5.30** The Simpsons. **7.00** Live Zuffa Boxing. Aaron McKenna v Etinosa Oliha. Coverage of the bout for the vacant IBF World Middleweight title, which takes place at 3Arena in Dublin. **11.00 FILM:** Rambo III (1988). Vietnam veteran John Rambo heads for Afghanistan on a quest to rescue his old boss Colonel Trautman from prison. Action adventure sequel, with Sylvester Stallone and Richard Crenna. **1.00** The Force: Manchester. **3.00** Road Wars. **5.00** Highway Patrol.

SKY MAIN EVENT

6.00 Sky Sports News. **7.00** Sky Sports Breakfast. **10.00** Sky Sports News. **11.00** The Hundred Live. MI London Women v Trent Rockets Women (Start-time 11am). Coverage of the match from Kia Oval in London. **2.00** Gillette Labs Soccer Saturday. **5.00** Live EFL Cup. Colchester United v Southampton (Kick-off 5.30pm). Coverage of the southern section first-round tie at JobServe Community Stadium. **7.45** Live Zuffa Boxing. Aaron McKenna v Etinosa Oliha. Coverage of the bout for the vacant IBF World Middleweight title, which takes place at 3Arena in Dublin. **11.00** Live Tennis. The Canadian Open. Further coverage from day seven of the ATP 1000 event in Montreal and the WTA 1000 event in Toronto, both of which are hard-court tournaments. **4.00** Live MVP Boxing. Cherneka Johnson v Dina Thorslund. Coverage of the undisputed World Bantamweight title bout, which takes place at Caribe Royale Resort in Orlando, Florida.

SKY CRICKET

6.00 The Hundred. **9.15** The Hundred Bitesize. **9.45** The Hundred Bitesize. **10.00** The Hundred Bitesize. **10.30** The Hundred Bitesize. **10.45** The Hundred Live. MI London Women v Trent Rockets Women (Start-time 11am). Coverage of the match from Kia Oval in London. **2.00** The Hundred Live. MI London Men v Trent Rockets Men (Start-time 2.30pm). Coverage of the match from Kia Oval in London. **5.30** The Hundred Live. Southern Brave Men v Manchester Super Giants Men (Start-time 6pm). Coverage of the match from Utilita Bowl in Southampton. **9.00** The Hundred Bitesize. **9.30** The Hundred Bitesize. **10.00** The Hundred. **1.30** The Hundred Bitesize. **2.00** The Hundred. **5.15** Best of ICC WT20. **5.45** The Hundred Bitesize.

SKY PREMIER LEAGUE

6.00 PL Greatest Games. **7.00** Premier League Best Goals. **8.00** Premier League 100 Club. **9.00** Premier League Review. **11.00** Transfer 360. **12.00** Soccer Saturday Pre-Match. **2.00** Gillette Labs Soccer Saturday. **6.00** Premier League Years. **8.00** Premier League Stories. **8.30** Cult Heroes. **9.00** Transfer 360. **10.00** Brazilians in the Premier League. **11.00** Premier League Years. **1.00** PL Retro. **3.00** PL Greatest Games. **4.00** Premier League Best Goals. **5.00** Premier League 100 Club.

TNT SPORTS 1

6.00 Men's Cycling World Tour. **7.00** Live: Snooker Chinese Open. Coverage of the second session from round one of the tournament at Riverside Sports Centre in Taiyuan. **10.30** Live AFL. Adelaide Crows v Richmond Tigers (Bounce-up 10.35am). Coverage of the match from Adelaide Oval. **1.30** MLB Highlights. **2.30** Live: Tour de France Women. Coverage from the eighth stage of the Grand Tour race, a 175km route from Sisteron to Nice. **5.45** Test Cricket Highlights. **7.45** TNT Sports Reload. **8.00** Live UFC. Coverage of the preliminary bouts from UFC Fight Night 284, which takes place at Meta Apex in Las Vegas, Nevada. **10.00** Live UFC. Mateusz Gamrot v Quillan Salkilld. Coverage of the lightweight bout from Meta Apex in Las Vegas, Nevada, plus the undercard for UFC Fight Night 284. **1.30** Snooker Chinese Open. **3.30** TNT Sports Reload. **4.00** Live AFL. GWS Giants v Gold Coast Suns (Bounce-up 4.10am). Coverage of the match from Corroboree Group Oval Manuka in Canberra.

TNT SPORTS 2

6.00 LIV Golf. **7.30** TNT Sports Reload. **8.00** MotoGP Highlights. **9.00** MotoGP. **9.30** Live MotoGP. The Grand Prix of Britain Moto3 and Moto2 second free practice sessions. Coverage of preparations for the 12th round of the season at Silverstone. **11.00** Live MotoGP. The Grand Prix of Britain MotoGP second free practice and qualifying sessions. Coverage from the 12th round of the season at Silverstone. **1.45** Live MotoGP. The Grand Prix of Britain Moto3 and Moto2 qualifying sessions. Coverage from the 12th round of the season at Silverstone. **3.45** Live MotoGP. The Grand Prix of Britain MotoGP sprint race (Start-time 4pm). Coverage from the 12th round of the season at Silverstone. **4.45** Live FIM Speedway Grand Prix. Coverage of the race from the eighth round of the season, which takes place at Riga Speedway Stadium in Riga, Latvia. **8.00** Live MLB. New York Yankees v Atlanta Braves (Start-time 8.05pm). Coverage of the inter-league match from Yankee Stadium. **11.00** CPL Highlights. **11.30** Live: CPL. St Kitts & Nevis Patriots v Trinbago Knight Riders. Coverage of the T20 match from Arnos Vale Stadium in Saint Vincent. **3.45** TNT Sports Cricket Reload. **4.00** Test Cricket Highlights.

MORE4

8.55 Four in a Bed. **11.35** A Place in the Sun. **3.40** Come Dine with Me. **6.20** Four in a Bed. **9.00** 24 Hours in A&E. **11.05** 999: On the Front Line. **12.10** Emergency Helicopter Medics. **1.15** 24 Hours in A&E. **3.25** A Place in the Sun. **3.50** Close.

BBC ALBA

6.00 Alba Today. **4.00** Live Shinty – Camanachd Cup. **6.00** Binneas – Na Trads. **6.15** An Là. **6.30** Fonn mo Bheatha. **7.00** Mas Fhior. **8.00** Gàrradh Phàdruig. **8.30** Rùm Gu Rùm, Le Erica. **9.00** Aig aí Mhullach. **10.30** Runrig: The Last Dance. **12.00** Tuath Cheòl le Ruairidh Gray. **1.00** Alba Today.

BBC SCOTLAND

12.00 This Is BBC Scotland. **7.00** Reporting Scotland: News at Seven. **7.15** Icons of Football. **7.30** Sportscene: Premiership Highlights. **8.00 FILM:** Loch Ness (1996). An American scientist is sent to Scotland to prove that the Loch Ness monster does not exist, to the outrage of the locals. Family drama, with Ted Danson and Joely Richardson. **9.35** From Scotland with Love. **10.50** Hercules the Bear: A Love Story. **11.50** Loop. **12.00** Close.

U&GOLD

6.00 Teleshopping. **7.10** Only Fools and Horses. **7.00** Joe & David's Magical Sitcom Tour. **8.00** Porridge. **9.20** The Fast Show. **11.15** Gavin & Stacey. **1.15** Only Fools and Horses. **3.15** Gavin & Stacey. **4.00** Teleshopping.

SKY MIX

6.00 Border Patrol. **7.00** Nothing to Declare. **8.00** Border Security: America's Front Line. **10.00** Nothing to Declare. **12.00** Caught on Dashcam. **2.00** Caught Red Handed. **4.00** Extreme Animals: One Wild Day. **5.00** Kalahari: Land of Secret Alliances. **6.00** Age of the Big Cats. **7.00** Live Zuffa Boxing. Aaron McKenna v Etinosa Oliha. Coverage of the bout for the vacant IBF World Middleweight title, which takes place at 3Arena in Dublin. **11.00** Caught on Dashcam. **1.00** Killer in My Village. **2.00** Motorway Patrol. **4.00** Border Patrol.

FILM4

11.00 Monkey Business (1952). Mayhem is unleashed when a scientist's experiments to halt the ageing process accidentally turn him into a child. Comedy, starring Cary Grant, Ginger Rogers and Marilyn Monroe. **12.55** Rat Race (2001). A group of no-hopers races across America in a bid to win $2million stashed in a train station by a crooked casino owner. Comedy, starring Rowan Atkinson and Whoopi Goldberg. **3.10** The Mark of Zorro (1974). A 19th-century Californian nobleman becomes a masked hero to protect the people from a cruel tyrant. Swashbuckling adventure, starring Frank Langella and Ricardo Montalban. **4.45** Teenage Mutant Ninja Turtles: Mutant Mayhem (2023). Turtle brothers Donatello, Leonardo, Michelangelo and Raphael set out to win the hearts of New Yorkers. Animated fantasy, with the voice of Nicolas Cantu. **6.50** My Stepmother Is an Alien (1988). A widowed scientist's research draws him into a romance with an alien sent to Earth on an important mission. Sci-fi comedy, starring Dan Aykroyd, Kim Basinger and Jon Lovitz. **9.00** Twister (1996). A storm-chaser and her estranged husband reunite as they take on the dangerous task of mapping the path of a massive tornado. Action thriller, starring Helen Hunt and Bill Paxton. **11.15** Midnight Run (1988). A bounty hunter engages in a battle of wits with a crooked accountant he is escorting to jail, while pursued by hitmen. Comedy thriller, starring Robert De Niro. **1.50** Straightheads (2007). A woman and her lover plot revenge on the gang that attacked them on a remote country road. Thriller, starring Gillian Anderson. **3.35** Close.

U&DAVE

6.00 Teleshopping. **7.25** Top Gear. **8.20** Would I Lie to You? **7.00** Gavin & Stacey. **9.00** QI. **10.20** Not Going Out. **1.00** Have I Got a Bit More News for You. **2.00** Live at the Apollo. **3.00** James May's Cars of the People. **4.00** Teleshopping.

sunday august 9

BBC1

9.00 BBC News
10.00 Prayer and Reflection (r)
10.30 Pilgrimage: The Road Through North Wales (r)
11.30 Money for Nothing (r)
12.15 Bargain Hunt (r)
1.00 BBC News; Weather
1.15 Songs of Praise
1.50 FILM: Ruby Gillman, Teenage Kraken (2023) Animated fantasy.
3.15 Wallace & Gromit: A Grand Day Out (r)
3.35 The Mating Game (r)
4.35 Homes Under the Hammer (r)
5.35 BBC News
5.50 Reporting Scotland; Weather
6.00 Celebrity Escape to the Country (r)

7.00 **Countryfile** Adam Henson meets young farmers in West Sussex.
8.00 **Antiques Roadshow** (r) Fiona Bruce presents the show from Clissold Park in the London Borough of Hackney.
9.00 **The Rapture** A new drawing from Bethany leads Gabs to the old ruins. Last in the series.
10.00 BBC News at Ten
10.25 Reporting Scotland; Weather
10.30 FILM: **Bridget Jones: The Edge of Reason** (2004) Romantic comedy sequel, with Renee Zellweger, Colin Firth, Hugh Grant, Jim Broadbent and Gemma Jones.

12.10 Sportscene: Premiership Highlights (r) **1.25** Weather for the Week Ahead **1.30** BBC News

BBC2

6.20 A to Z of TV Gardening (r)
7.05 Glorious Gardens from Above (r)
7.50 Countryfile (r)
8.50 Best of Weatherman Walking
9.20 Beechgrove Garden (r)
9.50 Saturday Kitchen Best Bites (r)
11.20 Indian Food Made Easy (r)
12.20 FILM: **The Man Who Knew Too Much** (1956) Alfred Hitchcock's remake of his own 1934 thriller, with James Stewart, Doris Day, Bernard Miles and Daniel Gelin.
2.15 **Cricket: The Hundred** London Spirit Women v Birmingham Phoenix Women (Start-time 2.30pm). Coverage of the match at Lord's.

6.00 **Cricket: The Hundred** London Spirit Men v Birmingham Phoenix Men (Start-time 6pm).
9.30 **Live at the Apollo** (r) Comedians Celya AB and Neil Delamere perform stand-up at the Hammersmith Apollo, hosted by Lou Sanders.
10.00 FILM: **Inside Llewyn Davis** (2013) An aspiring musician struggles to make a name for himself in the New York folk scene of the early 1960s. Coen brothers drama, starring Oscar Isaac and Carey Mulligan.
11.40 FILM: **Lady Macbeth** (2016) Drama, starring Florence Pugh.

1.05 Sign Zone: Who Do You Think You Are? (r) **2.05** Ann Droid (r) **2.35** The Devil in the Family: The Fall of Ruby Franke (r) **3.25** This Is BBC Two

STV

6.00 James Martin's American Adventure (r)
7.00 James Martin's Saturday Morning (r)
9.25 ITV News
9.30 Love Your Weekend with Alan Titchmarsh (r)
11.25 Fern Britton: Inside the Vet's
12.25 Tom Kerridge Cooks Italy (r)
12.55 ITV News; Weather
1.05 Force of Nature (r)
2.05 FILM: **The Spy Who Loved Me** (1977) James Bond spy adventure.
4.30 The Chase Around the World (r)
5.35 ITV News; Weather
5.45 STV News; Weather
6.00 Force of Nature

7.00 **Emmerdale** Charity confronts her abuser.
7.30 **Coronation Street** Bethany visits a bruised Sarah in prison.
8.00 **Van Der Valk** Piet and the team are called in when an environmental campaigner is murdered on the eve of a global conference. Crime drama, starring Marc Warren.
10.00 ITV News; Weather
10.15 **Inside Iran: War & Revolution** A look at the impact of protests and military conflict on Iranian citizens.
11.30 **Inside the Langham: Britain's First Grand Hotel** (r) The CEO arrives to inspect one of the hotel's most ambitious renovations.

12.00 Shop on TV **3.00** Terror in the Skies: Stopping the Liquid Bomb Plot (r) **4.05** Unwind with STV **5.05** Motorsport UK (r)

CHANNEL 4

6.20 Cheers (r)
7.15 Everybody Loves Raymond (r)
8.30 The Simpsons (r)
10.00 Sunday Brunch
1.00 Jamie Cooks the Mediterranean (r)
2.00 Our Farm Next Door: Amanda, Clive and Kids (r) The Owen family balance lambing season with getting their renovation watertight.
3.05 Worst House on the Street (r)
4.05 Kirstie and Phil's Love It or List It: Brilliant Builds (r)
4.40 FILM: **Sister Act 2: Back in the Habit** (1993) Comedy sequel, starring Whoopi Goldberg.
6.35 Channel 4 News

7.00 **Gogglebox** Compilation of highlights from series 27, in which the Gogglebox check out more of the biggest and best TV.
8.00 **Richard E Grant's Very Modern Odyssey** Richard arrives on Sicily, the home of Cyclops.
9.00 **The Piano** Claudia Winkleman and Mika are joined by pianist Alice Sara Ott in Manchester.
10.00 **Celebrity Gogglebox** (r) Celebrity viewers include Clare Balding and Alice Arnold.
11.00 FILM: **How to Have Sex** (2023) Coming-of-age drama, starring Mia McKenna-Bruce, Enva Lewis and Lara Peake.

12.50 FILM: Old (2021) **2.35** Ramsay's Hotel Hell (r) **3.25** Couples Come Dine with Me (r) **4.15** Fur Babies (r) **5.10** The Dog House (r) **5.50** Countdown (r)

5

6.00 Milkshake!
9.05 Entertainment News on 5
9.10 FILM: **PAW Patrol: The Mighty Movie** (2023) Premiere. Animated adventure, with the voices of Mckenna Grace, Taraji P Henson and Kristen Bell.
11.00 Happy Campers: The Caravan Park (r)
12.00 Cruising with Susan Calman (r)
1.00 Cruising with Susan Calman (r)
2.00 Jane McDonald in Nashville (r)
3.00 Jane McDonald in Nashville (r)
4.00 Live: UK's Strongest Man 2026: The Final From Braehead Arena in Glasgow.
6.55 5 News Weekend

7.00 **The 1970s Diet: Could It Work For You?** (r) Josie Gibson joins a disco-inspired dance class.
8.00 **Dogs Behaving (Very) Badly** (r) Graeme Hall travels to Essex to help bring peace to a dog-friendly pub.
9.00 **Inside the Four Seasons: Park Lane** Adam juggles two major celebrations at Four Seasons Hampshire.
10.00 **When Package Holidays Go Horribly Wrong** (r) Tales of disasters on vacations.
11.35 **A Very British Sex Scandal: The Earl & the Escort** (r) The murder of Lord Shaftesbury, Anthony Ashley-Cooper.

1.00 Cruise TV with LoveitBookit (r) **2.00** Entertainment News on 5 **2.10** GPs: Behind Closed Doors (r) **3.00** Tom Read Wilson's Grand Tour (r) **3.50** Friends (r) **4.15** Friends (r) **4.40** Yorkshire with Jane McDonald (r) **5.25** Entertainment News on 5 **5.35** Paw Patrol (r)

Antiques Roadshow, *8pm*

Cricket: The Hundred, *6pm*

The Chase Around the World, *4.30pm*

The Piano, *9pm*

Dogs Behaving (Very) Badly, *8pm*

BBC3

7.00 EastEnders. **9.00** FILM: You're Cordially Invited (2025). Comedy, starring Will Ferrell and Reese Witherspoon. **10.40** Such Brave Girls. **1.20** Things You Should Have Done. **2.50** BBC New Comedy Awards 2025. **3.50** Close.

BBC4

7.00 Eisteddfod 2026 with Huw Stephens. **8.00** NYO at the Proms. **9.40** The Brontës Lived Here: Writers' Houses. **10.00** Lady Antonia Fraser Remembers – The Birthday Party. **10.10** The Birthday Party. **11.55** Harold Pinter – Part 1: The Room – Arena. **12.55** Harold Pinter – Part 2: Celebration – Arena. **1.55** NYO at the Proms. **3.35** Close.

ITV2

6.00 Deal or No Deal. **7.00** In for a Penny. **8.05** Dress to Impress. **9.05** The Only Way Is Essex. **11.05** Deal or No Deal. **1.10** Celebrity Catchphrase. **2.15** FILM: Sonic the Hedgehog 2 (2022). Adventure comedy sequel, starring James Marsden. **4.35** FILM: Johnny English Reborn (2011). **6.40** FILM: Miss Congeniality 2: Armed and Fabulous (2005). Comedy sequel, starring Sandra Bullock. **9.00** The Only Way Is Essex. **10.00** Olivia Attwood: The Price of Perfection. **11.00** Family Guy. **12.00** American Dad! **1.05** Plebs. **1.30** Changing Ends. **2.00** Deal or No Deal. **2.50** Unwind with ITV. **3.00** Teleshopping.

ITV3

6.00 George and Mildred. **6.35** A Touch of Frost. **8.50** Doc Martin. **9.50** Lewis. **11.50** Agatha Christie's Marple. **2.00** Midsomer Murders. **10.00** Vera. **11.50** Wycliffe. **12.55** Trigger Point. **1.55** George and Mildred. **2.20** Unwind with ITV. **2.30** Teleshopping.

SKY ONE

6.00 S.W.A.T. **8.45** A Cheetah's Pride. **9.45** Macaque Island. **10.45** The Hundred Live. **2.00** The Simpsons. **4.00** Best Medicine. **5.00** Animal Control. **7.00** The Simpsons. **8.00** Rob & Romesh vs Magic in Vegas. **9.00** FILM: Lethal Weapon (1987). Action thriller, starring Mel Gibson and Danny Glover. **11.00** Tom Davis: Underdog. **12.15** La Brea. **2.15** The Walking Dead: Dead City. **3.10** Road Wars. **5.00** Highway Patrol.

SKY MAIN EVENT

6.00 Sky Sports Catch Up. **7.00** Sky Sports Breakfast. **10.00** Sky Sports News. **12.00** Sports Sunday. **12.30** Live SPFL. Kilmarnock v Celtic (Kick-off 1.30pm). **3.45** Live EFL Cup. Mansfield Town v Sheffield United (Kick-off 4pm). **6.30** The Hundred Live. London Spirit Men v Birmingham Phoenix Men (Start-time 6pm). **9.00** Live PGA Tour Golf. The Wyndham Championship. **11.00** Live Tennis. The Canadian Open. **4.00** Sky Sports Catch Up.

SKY CRICKET

6.00 The Hundred. **9.15** The Hundred Bitesize. **10.15** The Hundred Bitesize. **10.45** The Hundred Live. **2.00** The Hundred Live. Sunrisers Leeds Men v Welsh Fire Men (Start-time 2.30pm). **5.30** The Hundred Live. London Spirit Men v Birmingham Phoenix Men (Start-time 6pm). **9.00** The Hundred Bitesize. **9.30** The Hundred Bitesize. **10.00** The Hundred. **1.30** The Hundred Bitesize. **2.00** The Hundred. **5.15** Best of ICC WT20. **5.45** The Hundred Bitesize.

TNT SPORTS 1

7.00 Live: Snooker Chinese Open. **10.30** The Breakdown. **11.00** TNT Sports Reload. **11.30** LIV Golf. **1.00** CPL Highlights. **1.30** Playing for Our Future – Cricket. **1.45** Tour de France Women. **2.45** Live: Tour de France Women. Coverage from the ninth and final stage of the Grand Tour race. **7.15** TNT Sports Reload. **7.30** TNT Sports Cricket Reload. **8.00** MotoGP. **9.00** Live MLB. Arizona Diamondbacks v Los Angeles Dodgers (Start-time 9.10pm). **12.00** MLB Classic. **12.30** Training Day. **12.45** MLB Classic. **1.15** Live MLB. **4.00** WRC Review. **5.00** Fishing: On the Bank.

BBC ALBA

6.00 Alba Today. **4.00** Losgannan/Froglets. **4.10** Na Clangairean. **4.35** Creag nam Buthaidean. **4.50** Bing. **5.05** Peicein/Petit. **5.15** An Saoghal Droil aig Pol Ploc. **5.40** Buidheagan. **5.55** An Sgoil. **6.05** Aí Chùil. **6.15** An Là. **6.30** Seachd Là. **7.30** Alleluia! **8.00** Eòrpa. **9.00** Hebridean Baker – Nordic Islands. **9.45** Rùrachd. **10.00** Aig aí Mhullach. **11.00** Coin Trusaidh/Muster Dogs. **12.00** Alba Today.

BBC SCOTLAND

12.00 This Is BBC Scotland. **7.00** Reporting Scotland: News at Seven. **7.15** Sportscene: Premiership Highlights. **8.30** Our Lives: Seeing with Sound. **9.00** Paramedics on Scene. **10.00** Still Game. **10.30** Scot Squad. **11.00** City Lights: Pure Dead Brilliant. **12.00** Close.

FILM4

11.00 Paw Patrol: The Movie (2021). **12.40** My Spy (2020). Comedy, starring Dave Bautista. **2.35** Mr Hobbs Takes a Vacation (1962). Comedy, starring James Stewart and Maureen O'Hara. **4.55** 10 Things I Hate About You (1999). Comedy, starring Heath Ledger and Julia Stiles. **6.50** The League of Extraordinary Gentlemen (2003). Comic-book fantasy adventure, with Sean Connery. **9.00** Speed (1994). Action thriller, starring Keanu Reeves. **11.15** Kingsman: The Secret Service (2015). Action comedy, starring Colin Firth and Taron Egerton. **1.50** To Kill a King (2003). **4.00** Close. **8.00** Lumotv: Small World.

U&DAVE

7.10 Top Gear. **8.00** Yukon Gold. **10.00** Red Bull Soapbox Race 2017: London. **1.00** Mortimer & Whitehouse: Gone Fishing. **3.00** The Hairy Bikers' Chicken and Egg. **5.00** Would I Lie to You? **5.40** Would I Lie to You? – The Unseen Bits. **6.20** Would I Lie to You? **7.00** Guy Martin: Proper Jobs. **8.00** Special Ops: Crime Squad UK. **9.00** Have I Got a Bit More News for You. **10.00** QI. **10.40** Mock the Week. **12.00** Live at the Apollo. **2.00** QI XL. **3.05** Parks and Recreation. **4.00** Teleshopping.

RADIO

BBC RADIO 1

7.00 Radio 1 Weekend Breakfast with James Cusack. **10.00** Radio 1 00s with James Cusack. **10.30** Newsbeat. **10.32** Radio 1 00s with Nat and Vicky. **11.00** Radio 1 10s with Nat and Vicky. **12.00** Radio 1 20s with Nat and Vicky. **1.00** Mylo and Rosie. **4.00** Radio 1's Life Hacks. **6.00** The Official Chart: First Look on Radio 1. **7.00** Radio 1's Chillest Show with Sian Eleri. **9.00** Radio 1's Indie Show with Alyx Holcombe. **11.00** BBC Introducing on Radio 1 with Jess Iszatt. **1.00** 1Xtra's R&B Show with Chuckie. **2.30** 1Xtra's R&B Slow Jamz Mix with Chuckie. **3.00** Radio 1's Chill Mix. **3.30** Radio 1's Chill Mix. **4.00** Radio 1's Workout Anthems.

BBC RADIO 2

9.00 Love Songs with Michael Ball. **11.00** Paddy McGuinness. **1.00** Elaine Paige on Sunday. **3.00** Sounds of the 70s with Ricky Ross. **5.00** Pick of the Pops. **6.00** Pick of the Pops. **7.00** Tony Blackburn's Golden Hour. **8.00** The Paul Gambaccini Collection. **10.00** Radio 2 Unwinds with Angela Griffin. **11.00** Radio 2 Unwinds with Angela Griffin. **12.00** Richie Anderson. **3.00** Alternative Sounds of the 90s with Dermot O'Leary.

BBC RADIO 3

9.00 Sunday Morning. **12.00** Private Passions. **1.30** Music Map. **3.00** Jazz Record Requests. **4.00** BBC Proms 2026. **5.30** New Generation Artists. **6.00** Choral Evensong. **7.00** BBC Proms 2026. **9.00** BBC Proms 2026. **10.00** Night Tracks. **11.30** Unclassified. **12.30** Through the Night.

BBC RADIO 4

9.00 Broadcasting House. **10.00** Desert Island Discs. **11.00** The Archers. **12.15** Last Word: Doing Death Differently. **12.30** Just a Minute. **12.57** Weather. **1.00** The World This Weekend. **1.30** Burnham's Pledge. **2.00** Gardeners' Question Time. **2.45** Opening Lines. **3.00** Drama: Libra. **4.00** Take Four Books. **4.30** Brain of Britain. **5.00** Witness History. **5.10** Behind the Crime. **5.54** Shipping Forecast. **5.57** Weather. **6.00** Six O'Clock News. **6.15** Pick of the Week. **7.00** The Archers. **7.15** James Hutton and the Restless Earth. **7.45** Just One Thing with Michael Mosley. **8.00** Feedback. **8.30** Last Word. **9.00** Toast. **9.26** Radio 4 Appeal. **9.30** From Our Own Correspondent. **9.59** Weather. **10.00** Archive on 4: It Must Be Wonderful to Be Free. **11.00** Great Lives. **11.30** More Wow. **11.45** Short Works. **12.00** News and Weather. **12.15** Crossing Continents. **12.45** Bells on Sunday. **12.48** Shipping Forecast. **1.00** As BBC World Service.

BBC RADIO 5 LIVE

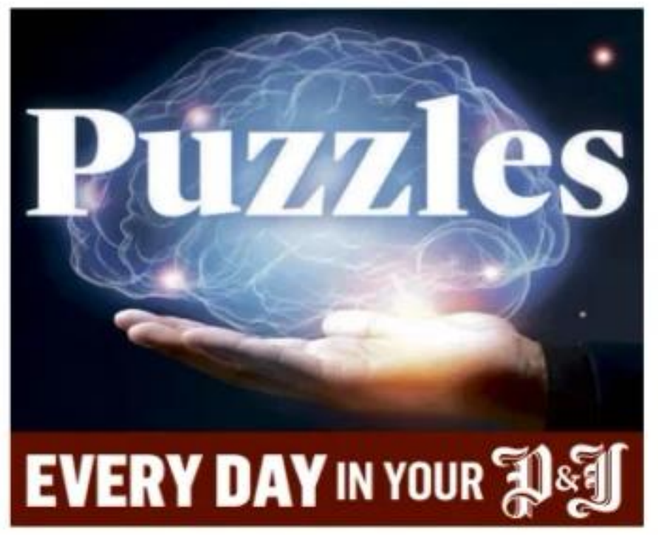
7.00 Sunday Breakfast. **10.00** Colin Murray. **12.00** 5 Live Sport. **1.30** 5 Live Sport. **3.30** Cricket. **6.00** 606. **8.00** TBA. **9.00** Stephen Nolan. **12.00** Don't Say a Word. **1.00** Dotun Adebayo.

CLASSIC

6.30 Classic FM Breakfast with Lucy Coward. **9.00** The Classic FM Hall of Fame Hour with Tim Lihoreau. **10.00** Tim Lihoreau. **12.00** Hannah Scott-Joynt. **3.00** Stephen Mangan. **6.00** Classical Pioneers. **7.00** Relaxing Evenings with John Brunning. **10.00** Calm Classics. **1.00** Bill Overton.

BBC RADIO SCOTLAND

7.00 Scotcast. **7.30** New Every Sunday. **8.00** Sunday Morning. **10.00** The Sunday Show. **12.00** Sportsound. **3.55** Your Requests with Gary Innes. **7.00** Classical Now. **9.00** Roddy Hart's Mix Tape. **11.00** As BBC Radio 5 Live.



monday august 10

BBC1

6.00 Breakfast
9.30 Animal Park (r)
10.00 Trace, Track, Get My Car Back (r)
10.30 European Athletics Championships: Birmingham 2026 Coverage of the opening session on day one.
1.15 BBC News at One; Weather
1.40 Reporting Scotland; Weather
1.50 BBC News at One; Weather
2.00 Money for Nothing
2.45 Escape to the Country (r)
3.30 The Repair Shop (r)
4.30 The Answer Run
5.15 Pointless (r)
6.00 BBC News at Six; Weather
6.30 Reporting Scotland; Weather

7.00 The One Show Angellica Bell reports live from Birmingham.
7.30 EastEnders Max is surprised when Priya makes a performance at the car lot.
8.00 European Athletics Championships: Birmingham 2026 Gabby Logan presents further coverage of the evening session on day one from Alexander Stadium, including the women's 100m final.
10.00 BBC News at Ten
10.30 Reporting Scotland; Weather
10.40 FILM: Bridget Jones's Baby (2016) Comedy sequel, starring Renee Zellweger.

12.35 Scotcast (r) **1.05** Weather for the Week Ahead **1.10** BBC News

BBC2

6.30 Bargain Hunt: 20 Years of The One Show (r) **7.15 Money for Nothing** (r) **8.00 Sign Zone: The Repair Shop** (r) **9.00 BBC News 10.30 Antiques Road Trip** (r) **11.15 Homes Under the Hammer** (r) **12.15 Bargain Hunt** (r) **1.00 Richard Osman's House of Games** (r) **1.30 The Finish Line** (r) **2.15 Do You Know Your Place?** (r) **2.45 The Farmers' Country Showdown** (r)
3.30 Spy in the Ocean (r) Disguised underwater cameras capture footage of sea creatures.
4.30 Vintage Antiques Roadshow (r)
5.15 Flog It! (r)
6.00 Richard Osman's House of Games (r)
6.30 Bear Grylls: Wild Reckoning (r)

7.00 European Athletics Championships: Birmingham 2026 Coverage of the evening session on day one.
8.00 Only Connect The Double Features take on the Colonial Geese.
8.30 University Challenge Magdalen College, Oxford takes on Warwick.
9.00 Evolution Chris Packham reveals why the horse became so fast. Last in the series.
10.00 Mortimer & Whitehouse: Gone Fishing (r) Paul and Bob fish for ferox trout in the Highlands.
10.30 Newsnight Alex Forsyth presents. Followed by Weather
11.05 FILM: Shaft (1971)

12.40 Sign Zone: Countryfile (r) **1.35** Bergerac (r) **2.25** This Is BBC Two

STV

6.00 Good Morning Britain
10.00 This Morning Celebrity chat and lifestyle features.
1.30 ITV Lunchtime News; Weather
1.55 STV News; Weather
2.00 Dickinson's Real Deal (r) David Dickinson and the team are in Blackburn.
3.00 Deal or No Deal (r) Game show, hosted by Stephen Mulhern.
3.59 STV Weather Central
4.00 Tipping Point (r) Quiz, hosted by Ben Shephard.
5.00 The Chase (r) Quiz show, hosted by Bradley Walsh.
6.00 STV News; Weather
6.30 ITV Evening News; Weather

7.30 Fletchers' Family Farm (r) The Fletchers focus on diversification, and Ruby the cow turns a corner.
8.00 Emmerdale A villager's life is turned upside down.
8.30 Coronation Street Tim urges Richie to make a go of his marriage.
9.00 Long Lost Family: Born Without Trace Davina McCall and Nicky Campbell help foundlings Michael and Christine.
10.00 ITV News at Ten; Weather
10.30 STV News; Weather
10.45 Cold Case Forensics: A Death on the Nile (r)
11.45 Love & Death (r) Candy retains Don Crowder as her attorney.

12.35 Shop on TV **3.00** The Staircase (r) **4.10** Night Vision

CHANNEL 4

7.45 Everybody Loves Raymond (r)
9.10 Frasier (r)
11.10 Ramsay's Kitchen Nightmares USA (r)
12.05 Channel 4 News
12.10 Find It, Fix It, Flog It (r)
1.10 The Great House Giveaway (r)
2.10 Countdown
3.00 A Place in the Sun (r) A Leicester pair seek a holiday home in Mojácar, south-east Spain.
4.00 Saving Country Houses with Penelope Keith (r)
5.00 Chateau DIY (r) Anna and Edward race to bring down an enormous fig tree.
6.00 American Pickers (r)

7.00 Channel 4 News
8.00 Martin and Roman's Irish Road Trip New series. Martin and Roman Kemp explore Ireland, beginning in County Cork, where they go kayaking, visit the former prison Spike Island and join a community storytelling group.
9.00 Celebrity Hunted A daring escape plot is hatched in Brighton.
10.00 Secret Lives of Gypsy Wives Trewley clashes with her older sisters over a night out.
11.05 Surgery Secrets of the Super Rich (r) Hollie tackles years of sun damage with laser technology.

12.05 Secrets of the Celebrity Sex Tapes **12.55** Ramsay's Hotel Hell (r) **1.50** Murder Case: The Digital Detectives (r) **2.40** FILM: Saba (2024) Drama, starring Mehazabien Chowdhury. In Bengali. **4.20** Find It, Fix It, Flog It (r) **4.40** Hollyoaks Omnibus (r) **5.50** Countdown (r)

5

6.00 Milkshake!
9.15 Jeremy Vine
11.30 Storm & Alexis
12.45 5 News at Lunchtime
12.50 Matt Allwright
2.20 FILM: My Fatal Memory (2022) Thriller, starring Kate Watson.
4.00 Castle (r) An astronaut is murdered during a simulation for a mission to Mars.
4.55 Love Nature (r) Cameras focus on the Cornish Seal Sanctuary.
5.00 5 News at 5
6.00 Sardinia: Jewel of the Med (r) Exploring the Italian island of Sardinia.
6.55 5 News with Dan Walker

7.00 Motorway Cops: Catching Britain's Speeders (r) PC Joe Gorman races to try to catch a reported drink driver.
7.55 5 News Update
8.00 Street Cops: Catching the Yobs A driver pulled over for speeding gets more than he bargained for.
9.00 Fare Dodgers: At War with the Law Transport for London investigators hunt for a suspected prolific fare evader.
10.00 Police Interceptors: Taking Down the Shoplifting Gangs (r) Detectives in Cheshire investigate a prolific international criminal gang.
11.05 Traffic Cops (r)

12.05 Car Pound Cops (r) **1.00** Cruise TV with LoveitBookit (r) **2.00** Entertainment News on 5 **2.10** GPs: Behind Closed Doors (r) **3.00** Castle (r) **3.50** Friends (r) **4.10** Friends (r) **4.35** Yorkshire with Jane McDonald (r) **5.25** Entertainment News on 5 **5.35** Paw Patrol (r)

The One Show, *7pm*

Only Connect, *8pm*

Fletchers' Family Farm, *7.30pm*

Secret Lives of Gypsy Wives, *10pm*

Fare Dodgers: At War with the Law, *9pm*

BBC3

7.00 The Catch Up. **7.05** Deadly 60. **8.00** The Great British Sewing Bee. **9.00** Top Gear: Burma Special. **11.05** Tommy: The Good. The Bad. The Fury. **1.35** Drugs Map of Britain. **3.35** Disclosure. **3.55** Close.

BBC4

7.00 The Architecture the Railways Built. **7.40** The Flying Gardener. **8.00** The Art of Spain. **9.00** Mastermind. **9.30** Call My Bluff. **10.00** The Sky at Night. **10.30** The Golden Age of Spanish Painting: Omnibus. **11.20** One Hundred Great Paintings. **11.35** Britain's Lost Waterlands: Escape to Swallows and Amazons Country. **12.35** The Flying Gardener. **12.50** The Art of Spain. **1.50** The Golden Age of Spanish Painting: Omnibus. **2.40** Britain's Lost Waterlands: Escape to Swallows and Amazons Country. **3.40** Close.

ITV2

8.20 The Real Housewives of Orange County. **9.15** The Only Way Is Essex. **10.15** Dawson's Creek. **11.10** Charmed. **12.10** Deal or No Deal. **1.10** Supermarket Sweep. **2.10** The Floor USA. **3.10** The Only Way Is Essex. **4.10** The Real Housewives of Salt Lake City. **5.00** The Real Housewives of Orange County. **5.55** Celebrity Catchphrase. **7.00** The Floor USA. **8.00** The 1% Club. **9.00** The Only Way Is Essex. **10.00** Family Guy. **11.35** American Dad! **12.35** Bob's Burgers. **1.30** Plebs. **1.55** Deep Fake Neighbour Wars. **2.20** Unwind with ITV. **3.00** Teleshopping.

ITV3

6.00 George and Mildred. **7.05** Classic Emmerdale. **8.10** Classic Coronation Street. **9.10** Agatha Christie's Poirot. **11.35** Heartbeat. **1.35** Midsomer Murders. **3.35** Classic Emmerdale. **4.40** Classic Coronation Street. **5.50** Heartbeat. **8.00** Midsomer Murders. **10.00** Grantchester. **11.50** Trial & Retribution. **1.25** Agatha Christie's Poirot. **2.20** Unwind with ITV. **2.30** Teleshopping.

SKY ONE

8.00 Stargate SG-1. **9.00** NCIS: Los Angeles. **10.00** Will & Grace. **11.00** The Simpsons. **12.00** Ningaloo: Australia's Ocean Wonder. **1.00** Hawaii Five-0. **3.00** S.W.A.T. **5.00** The Simpsons. **6.00** Animal Control. **7.00** The Simpsons. **8.00** Agatha Raisin. **10.00** Last Week Tonight with John Oliver. **10.45** Animal Control. **11.45** Grimm. **12.40** The Force: Manchester. **1.30** Road Wars. **2.00** Best Medicine. **3.00** Hawaii Five-0. **4.00** S.W.A.T.

SKY MAIN EVENT

6.00 Sky Sports Catch Up. **7.00** Sky Sports Breakfast. **9.00** Good Morning Transfers. **10.00** Sky Sports FC. **12.00** Transfer Talk. **1.00** Lunchtime Live. **2.00** The EFL Show. **3.00** The Hundred Live. **6.00** The Hundred Live. **7.45** Live EFL Cup. **10.30** Paper Talk. **11.00** Live Tennis. **12.00** Live Tennis. **3.00** Live Tennis. **4.00** Sky Sports News.

SKY CRICKET

9.15 The Hundred Bitesize. **9.45** The Hundred Bitesize. **10.15** The Hundred Bitesize. **10.45** The Hundred. **2.15** The Hundred Bitesize. **2.45** The Hundred Live. **6.00** The Hundred Live. **9.30** The Hundred Bitesize. **9.45** The Hundred Bitesize. **10.00** The Hundred. **1.30** The Hundred Bitesize. **1.45** The Hundred Bitesize. **2.00** The Hundred. **5.15** Best of ICC WT20. **5.45** The Hundred Bitesize.

TNT SPORTS 1

6.00 MotoGP. **7.00** Live: Snooker Chinese Open. **10.30** UEFA Champions League. **11.00** UEFA Europa League. **11.30** UEFA Conference League. **12.00** Premier League Legends. **12.30** Live: Snooker Chinese Open. **4.00** Premier League Legends. **5.00** MLB Highlights. **6.00** Live: Ultimate Pool. **9.30** The Gruppetto. **9.45** CPL Highlights. **10.15** Longines Global Champions Tour. **11.15** MLB Highlights. **12.15** Live MLB. **3.00** MLB Classic. **4.00** NWSL.

BBC ALBA

6.00 Alba Today. **5.00** Daolag-bhreac is Seillean. **5.05** Creag nam Buthaidean. **5.20** Boban is Fuigheag. **5.30** Losgannan/Froglets. **5.35** Meaban is Moo. **5.45** Dòtaman. **5.55** Stòiridh. **6.00** An Teaghlach Rìoghail an Ath-dhoras. **6.20** An Sgoil. **6.35** Bogaisean is Gumbalan. **7.00** Fuine. **7.30** SpeakGaelic. **8.00** An Là. **8.30** Mas Fhior. **9.00** Miann na Maighdinn-mara. **9.45** Faodail: Found. **10.00** Transatlantic Sessions: Dlùth an Dàimh. **10.30** Marmalade le Gregor. **11.25** Fraochy Bay. **11.30** Seòid a' Chidsin – The Kitchen Coves. **12.00** Alba Today.

BBC SCOTLAND

12.00 This Is BBC Scotland. **2.00** Sign Zone: This Farming Life. **3.00** Sign Zone: Beechgrove Garden. **3.30** Sign Zone: Paramedics on Scene. **4.30** This Is BBC Scotland. **7.00** Reporting Scotland: News at Seven. **7.30** The Great Food Guys. **8.00** The Mountain. **9.00** Interior Design Masters with Alan Carr. **10.00** River City. **10.30** Two Doors Down. **11.00** Scotcast. **11.30** Gary: Tank Commander. **12.00** Close.

FILM4

11.00 Playing with Fire (2019). **12.55** Steel Magnolias (1989). **3.15** All That Heaven Allows (1955). **5.00** The Enemy Below (1957). **7.05** Dog (2022). **9.00** Angel Has Fallen (2019). **11.20** Peppermint (2018). **1.20** Lucy in the Sky (2019). **3.50** Close.

U&DAVE

0.20 Rick Stein's Cornwall. **11.20** Yukon Gold. **12.20** Top Gear. **2.20** Mortimer & Whitehouse: Gone Fishing. **3.00** Man and Beast with Martin Clunes. **4.00** Hairy Bikers' Best of British. **5.00** Rick Stein's Cornwall. **7.00** Mortimer & Whitehouse: Gone Fishing. **7.40** Would I Lie to You? The Unseen Bits. **8.20** Would I Lie to You? At Christmas. **9.00** Have I Got 2021 News for You. **10.00** QI XL. **11.00** Taskmaster. **12.00** Mock the Week. **12.40** Would I Lie to You? The Unseen Bits. **1.20** Would I Lie to You? At Christmas. **2.00** QI XL. **3.00** Richard Osman's House of Games. **3.30** Parks and Recreation. **4.00** Teleshopping.

RADIO

BBC RADIO 1

5.00 Radio 1 Early Breakfast with Dean McCullough. **6.58** Newsbeat. **7.00** Radio 1 Breakfast with Greg James. **11.00** Rickie, Melvin and Charlie. **12.45** Newsbeat. **1.00** Matt and Mollie. **3.30** Newsbeat. **3.33** Going Home with Vick, Katie and Jamie on Radio 1. **5.45** Newsbeat. **6.00** Radio 1's New Music Show with Jack Saunders. **8.00** Radio 1's Future Artists with Sian Eleri. **10.00** Radio 1's Power Down Playlist with Sian Eleri. **11.00** Rock Show with Daniel P Carter. **1.00** BBC Introducing Rock on Radio 1 with Alyx Holcombe. **2.00** Radio 1 Anthems.

BBC RADIO 2

6.30 The Sara Cox Breakfast Show. **9.30** Vernon Kay. **12.00** Jeremy Vine. **2.00** DJ Spoony. **4.00** Joel Dommett. **7.00** Jo Whiley's Shiny Happy Playlist. **7.30** Edith Bowman. **9.00** The Blues Show with Cerys Matthews. **10.00** The Good Groove with Melvin Odoom. **12.00** OJ Borg. **2.30** One Hit Wonders with OJ Borg. **3.00** Sounds of the 90s with Fearne Cotton.

BBC RADIO 3

6.30 Breakfast. **9.30** Essential Classics. **1.00** Classical Live. **4.00** Composer of the Week: Montgeroult. **5.00** In Tune. **7.00** BBC Proms 2026. **10.00** Night Tracks. **11.30** 'Round Midnight. **12.30** Through the Night.

BBC RADIO 4

5.00 News Summary. **5.04** Last Word. **5.32** Weather. **5.34** Shipping Forecast. **5.43** Prayer for the Day. **5.45** Farming Today. **6.00** Today. **9.00** Across the Red Line. **9.30** How Did We Get Here?: No World Order. **10.00** Woman's Hour. **11.00** Behind the Crime. **11.45** Book of the Week: Hiroshima, 8.15: The Lost Memoir. **12.00** News. **12.04** You and Yours. **12.57** Weather. **1.00** The World at One. **1.45** Human Intelligence. **2.00** The Archers. **2.15** Alone. **2.45** Opening Lines. **3.00** Great Lives. **3.30** You're Dead to Me. **4.00** Burnham's Pledge. **4.30** The Kitchen Cabinet. **5.00** PM. **6.00** Six O'Clock News. **6.30** Just a Minute. **7.00** The Archers. **7.15** Front Row. **8.00** The Briefing Room. **8.30** BBC Inside Science. **9.00** Across the Red Line. **9.30** How Did We Get Here?: No World Order. **9.59** Weather. **10.00** The World Tonight. **10.45** Book at Bedtime: The Vicar of Wakefield. **11.00** Intimacy. **11.30** A Good Read. **12.00** News and Weather. **12.30** Book of the Week: Hiroshima, 8.15: The Lost Memoir. **12.48** Shipping Forecast. **1.00** As BBC World Service.

BBC RADIO 5 LIVE

6.00 5 Live Breakfast. **9.00** Nicky Campbell. **11.00** Emma Vardy. **2.00** Matt Chorley. **4.00** 5 Live Drive. **7.00** 5 Live Sport: The Monday Night Club. **9.00** Athletics. **10.00** Johnny I'Anson. **1.00** Dotun Adebayo.

CLASSIC

9.00 The Classic FM Hall of Fame Hour with Tim Lihoreau. **10.00** Aled Jones. **1.00** Anne-Marie Minhall. **4.00** Margherita Taylor. **7.00** Relaxing Evenings with John Brunning. **9.00** Classic FM's Composer Carousel with John Brunning. **10.00** Calm Classics. **1.00** Bill Overton. **4.00** Early Breakfast.

BBC RADIO SCOTLAND

6.00 Radio Scotland Breakfast. **9.00** Mornings. **12.00** Lunchtime Live. **1.30** Radio Scotland Afternoons. **4.00** Drivetime. **6.00** Get It On with Bryan Burnett. **8.00** Vic Galloway. **10.00** Up Late. **12.00** Scotcast. **12.30** As BBC Radio 5 Live.

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BBC1

6.00 Breakfast
9.30 Animal Park (r)
10.00 Trace, Track, Get My Car Back (r)
10.30 European Athletics Championships: Birmingham 2026 Coverage of the opening session on day two.
1.15 BBC News at One; Weather
1.40 Reporting Scotland; Weather
1.50 BBC News at One; Weather
2.00 Money for Nothing
2.45 Escape to the Country (r)
3.30 The Repair Shop (r)
4.30 The Answer Run
5.15 Pointless (r)
6.00 BBC News at Six; Weather
6.30 Reporting Scotland; Weather

7.00 River City (r) Alex forges ahead with his plan to kill Viv.
7.30 EastEnders Jean's concerns grow about Lily, a worrying situation escalates for Chelsea and Max is on the receiving end of Cindy's wrath.
8.00 European Athletics Championships: Birmingham 2026 Gabby Logan presents further coverage of the evening session on day two from Alexander Stadium, including the men's 100m final.
10.00 BBC News at Ten
10.30 Reporting Scotland; Weather
10.40 FILM: The Boys in the Boat (2023) Fact-based drama, with Joel Edgerton.

12.35 Scotcast (r) **1.05** Weather for the Week Ahead **1.10** BBC News

BBC2

6.15 Homes Under the Hammer (r) **7.15 Money for Nothing** (r) **8.00 Sign Zone: The Great British Sewing Bee** (r) **9.00 BBC News 10.30 Antiques Road Trip** (r) **11.15 Homes Under the Hammer** (r) **12.15 Bargain Hunt** (r) **1.00 Richard Osman's House of Games** (r) **1.30 The Finish Line** (r) **2.15 Do You Know Your Place?** (r) **2.45 The Farmers' Country Showdown** (r)
3.30 Spy in the Ocean (r)
4.30 Vintage Antiques Roadshow (r)
5.15 Flog It! (r)
6.00 Richard Osman's House of Games (r) With Chris Bisson, Danielle Harold, Katharine Merry and Robert Webb.
6.30 Bear Grylls: Wild Reckoning (r)

7.00 European Athletics Championships: Birmingham 2026 Coverage of the evening session on day two.
8.00 The Great British Sewing Bee The sewers tackle the wide world of sport.
9.00 Bloody Mary: Lucy Worsley Investigates (r) Whether England's first crowned queen deserves her reputation. Last in the series.
10.00 Live at the Apollo (r)
10.30 Newsnight
11.05 The Vampire Lestat: Interview with the Vampire
11.55 The Vampire Lestat: Interview with the Vampire

12.45 Sign Zone: Uncanny (r) **1.45** This Is BBC Two

STV

6.00 Good Morning Britain
10.00 This Morning Celebrity chat and lifestyle features.
1.30 ITV Lunchtime News; Weather
1.55 STV News; Weather
2.00 Dickinson's Real Deal (r) David Dickinson and the team visit Peterborough.
3.00 Deal or No Deal (r) Game show, hosted by Stephen Mulhern.
3.59 STV Weather Central
4.00 Tipping Point (r) Quiz, hosted by Ben Shephard.
5.00 The Chase (r) Quiz show, hosted by Bradley Walsh.
6.00 STV News; Weather
6.30 ITV Evening News; Weather

7.30 Inside the Langham: Britain's First Grand Hotel The managing director oversees progress on the Langham Venice.
8.00 Emmerdale Billy and Dawn plan their escape.
8.30 Coronation Street Tim and Sally reel from the news of Richie's murder charge.
9.00 Cold Case Forensics: In the Blood Angela Gallop reveals how clues in blood helped solve two crimes. Last in the series.
10.00 ITV News at Ten; Weather
10.30 STV News; Weather
10.45 FILM: The Spy Who Loved Me (1977) James Bond spy adventure.

12.55 Shop on TV **3.00** The Summit (r) **3.50** Night Vision

CHANNEL 4

7.45 Everybody Loves Raymond (r)
9.10 Frasier (r)
11.10 Ramsay's Kitchen Nightmares USA (r)
12.05 Channel 4 News
12.10 Find It, Fix It, Flog It (r)
1.10 The Great House Giveaway (r)
2.10 Countdown
3.00 A Place in the Sun (r) Jean Johansson goes house hunting in Los Cristianos, southern Tenerife.
4.00 Saving Country Houses with Penelope Keith (r)
5.00 Chateau DIY (r)
6.00 American Pickers (r) Mike Wolfe falls for the greatest Ford pick-up he has ever seen.

7.00 Channel 4 News
8.00 Dover 24/7: Britain's Busiest Port The cargo team race to unload 3,000 tons of steel, Border Force agents uncover suspicious packages and staff hold a remembrance service. Last in the series.
9.00 Celebrity Hunted Two of the celebrities find themselves surrounded at a country hotel.
10.00 Gogglebox (r) The households' opinions on Celebrity Race Across the World and The 1% Club.
11.05 Secret Lives of Gypsy Wives (r) Trewley clashes with her older sisters over a night out.

12.05 Naked Attraction (r) **1.00** Ramsay's Hotel Hell (r) **1.50** Levison Wood: Walking with Orangutans (r) **2.45** FILM: The Kid Detective (2020) Comedy drama, starring Adam Brody. **4.25** A Place in the Sun (r) **4.55** The Piano (r) **5.50** Countdown (r)

5

6.00 Milkshake!
9.15 Jeremy Vine
11.30 Storm & Alexis
12.45 5 News at Lunchtime
12.50 Matt Allwright
2.20 FILM: Danger Rocks the Cradle (2022) Thriller, starring Devin Cecchetto.
4.00 Castle (r) A Hong Kong detective works with Beckett and Castle.
4.55 Love Nature (r) In a regular backyard, owner Paul Rodgers shows how easy it is to make a pond.
5.00 5 News with Dan Walker
6.00 Corfu: Jewel of the Med (r) Joanna Lumley narrates a profile of Corfu.
6.55 5 News Update

7.00 The Yorkshire Vet: At Home with the Greens (r) Jean takes the oldest of her 13 cats to Peter's surgery for a check-up.
7.55 5 News Update
8.00 Inside Longleat Cameras follow a bat conservation team and a group of moth enthusiasts.
9.00 The Romans with Rob Rinder and Ruth Goodman A look at Emperor Hadrian's visit to Roman Britain in 122 AD.
10.30 The Bomb on the Boat: The Murder of Lord Mountbatten (r) The events surrounding the killing of Louis Mountbatten in August 1979.

12.05 Serial Killer Wives (r) **1.00** Cruise TV with LoveitBookit (r) **2.00** Entertainment News on 5 (r) **2.10** GPs: Behind Closed Doors (r) **3.00** Castle (r) **3.50** Friends (r) **4.10** Friends (r) **4.35** Yorkshire with Jane McDonald (r) **5.25** Entertainment News on 5 **5.35** Paw Patrol (r)

The Answer Run, *4.30pm*

European Athletics Championships ... *7pm*

Tipping Point, *4pm*

Celebrity Hunted, *9pm*

Inside Longleat, *8pm*

BBC3

7.00 The Catch Up. **7.05** Spud. **7.25 FILM:** Lara Croft: Tomb Raider (2001). **9.00** RuPaul's Drag Race UK: Meet the Queens. **9.20 FILM:** Bridget Jones's Diary (2001). **10.55 FILM:** Bridget Jones: The Edge of Reason (2004). **12.35** Matthew Perry and the Ketamine Queen. **1.35** Stacey Dooley: Ready for War? **2.35** My Mate's a Bad Date. **2.55** Stacey Dooley: Blood, Sweat and T-Shirts. **3.55** Close.

BBC4

7.00 The Architecture the Railways Built. **7.40** The Flying Gardener. **7.55** To the Manor Born. **8.30** Keeping Up Appearances. **9.00** Ardal O'Hanlon: Tomb Raider. **10.00** Kamikaze: An Untold History. **11.30** The Sky at Night. **12.00** The Wildest Weather in the Universe: Horizon. **1.00** Beautiful Equations. **2.00** The Flying Gardener. **2.15** Ardal O'Hanlon: Tomb Raider. **3.15** Close.

ITV2

8.20 The Real Housewives of Orange County. **9.15** The Only Way Is Essex. **10.15** Dawson's Creek. **11.10** Charmed. **12.10** Deal or No Deal. **1.10** Supermarket Sweep. **2.10** The Floor USA. **3.10** The Only Way Is Essex. **4.10** The Real Housewives of Potomac. **5.00** The Real Housewives of Orange County. **5.55** Celebrity Catchphrase. **7.00** The Floor. **8.00** The 1% Club. **9.00** Olivia Attwood: The Price of Perfection. **10.00** Family Guy. **11.35** American Dad! **12.35** Bob's Burgers. **1.30** Plebs. **1.55** Deep Fake Neighbour Wars. **2.20** Unwind with ITV. **3.00** Teleshopping.

ITV3

9.10 Agatha Christie's Poirot. **11.30** Heartbeat. **1.35** Midsomer Murders. **3.35** Classic Emmerdale. **4.40** Classic Coronation Street. **5.50** Heartbeat. **8.00** Vera. **10.00** Grantchester. **11.50** Trial & Retribution. **1.20** Agatha Christie's Poirot. **2.20** Unwind with ITV. **2.30** Teleshopping.

SKY ONE

6.00 Mornings. **7.00** Mornings with Ridge and Frost. **8.00** Stargate SG-1. **10.00** Will & Grace. **11.00** The Simpsons. **12.00** Ningaloo: Australia's Ocean Wonder. **1.00** Hawaii Five-0. **3.00** S.W.A.T. **5.00** The Simpsons. **6.00** Animal Control. **7.00** The Simpsons. **8.00** Best Medicine. **9.00** Never Mind the Buzzcocks. **10.00** The 'Burbs. **11.00** Animal Control. **12.00** Grimm. **1.00** The Force: Manchester. **2.00** Road Wars. **3.00** Hawaii Five-0. **4.00** S.W.A.T.

SKY MAIN EVENT

6.00 Sky Sports News. **7.00** Sky Sports Breakfast. **9.00** Good Morning Transfers. **10.00** Sky Sports FC. **11.30** Transfer 360. **12.00** Transfer Talk. **1.00** Lunchtime Live. **2.00** Sports Desk. **2.30** Transfer 360. **3.00** The Hundred Live. **6.00** The Hundred Live. **9.30** Transfer 360. **10.00** Sky Sports News at Ten. **10.30** Paper Talk. **11.00** Live Tennis. **4.00** Sky Sports News.

SKY CRICKET

6.00 The Hundred. **9.15** The Hundred Bitesize. **9.45** The Hundred Bitesize. **10.15** The Hundred Bitesize. **10.45** The Hundred. **2.15** The Hundred Bitesize. **2.30** The Hundred Bitesize. **2.45** The Hundred Live. **6.00** The Hundred Live. **9.30** The Hundred Bitesize. **9.45** The Hundred Bitesize. **10.00** The Hundred. **1.30** The Hundred Bitesize. **1.45** The Hundred Bitesize. **2.00** The Hundred. **5.15** Best of ICC WT20. **5.45** The Hundred Bitesize.

TNT SPORTS 1

7.00 Live: Snooker Chinese Open. **10.30** The Gruppetto. **10.45** Ally's Social Club. **11.30** London Premier Padel. **12.30** Live: Snooker Chinese Open. **4.00** Premier League Legends. **4.30** Roll the Tape. **5.00** MLB Highlights. **6.00** Premier League Legends. **6.30** Premier League Stories. **7.00** Tom Daley: 1.6 Seconds. **8.30** TNT Sports Cricket Reload. **9.00** UFC: The Ultimate Fighter. **10.00** The Verdict. **11.00** Premier League Stories. **11.30** MLB Lead Off. **12.00** Live MLB. **3.00** MLB Closer. **3.30** MLB Classic. **5.00** Premier League Legends. **5.30** UEFA Champions League – Stories of the Finals.

BBC ALBA

6.00 Alba Today. **5.00** Boban is Fuigheag. **5.05** Dòtaman. **5.20** Meaban is Moo. **5.25** Cleasan ⅛taidh & Tilidh. **5.35** Daolag-bhreac is Seillean. **5.40** Stan & Gran. **5.50** Stòiridh. **6.00** An Saoghal Droil aig Pol Ploc. **6.25** Strì. **6.35** Run – Private Pet. **6.50** Aí Chùil. **7.00** Dubhlain DIY. **7.30** SpeakGaelic. **8.00** An Là. **8.30** Gàrradh Phàdruig. **9.00** Hebridean Baker – Nordic Islands. **9.45** Rùrachd. **10.00** Miann na Maighdinn-mara. **10.45** Faodail: Found. **11.00** Machair. **11.25** Fraochy Bay. **11.30** Alleluia! **12.00** Alba Today.

BBC SCOTLAND

12.00 This Is BBC Scotland. **7.00** Reporting Scotland: News at Seven. **7.30** My Kind of Town. **8.00** This Farming Life. **9.00** Murder Trial: Death of a Dog Walker. **10.00** David Wilson's Crime Files. **11.00** Scotcast. **11.30** Icons of Football. **12.00** Close.

FILM4

11.00 Man in the Saddle (1951). **12.45** The Black Swan (1942). **2.30** Fantastic Voyage (1966). **4.35** The Kid Who Would Be King (2019). **7.05** See How They Run (2022). **9.00** Missing (2023). **11.15** Jennifer's Body (2009). **1.20** Plan B (2021). **3.35** Close.

U&DAVE

6.00 Teleshopping. **7.25** Top Gear. **8.20** Border Force: America's Gatekeepers. **10.20** Rick Stein's Cornwall. **11.20** Yukon Gold. **12.15** Top Gear. **2.20** Mortimer & Whitehouse: Gone Fishing. **3.00** Man and Beast with Martin Clunes. **4.00** Hairy Bikers' Best of British. **5.00** Rick Stein's Cornwall. **7.00** Mortimer & Whitehouse: Gone Fishing. **7.40** Would I Lie to You? **9.00** Have I Got a Bit More News for You. **10.00** QI XL. **11.00** Taskmaster. **12.00** Mock the Week. **12.40** Would I Lie to You? **2.00** QI XL. **3.05** Richard Osman's House of Games. **3.35** Parks and Recreation. **4.00** Teleshopping.

RADIO

BBC RADIO 1

5.00 Radio 1 Early Breakfast with Dean McCullough. **6.58** Newsbeat. **7.00** Radio 1 Breakfast with Greg James. **11.00** Rickie, Melvin and Charlie. **12.45** Newsbeat. **1.00** Matt and Jerry. **3.30** Newsbeat. **3.33** Going Home with Vick, Katie and Jamie on Radio 1. **5.45** Newsbeat. **6.00** Radio 1's New Music Show with Jack Saunders. **8.00** Radio 1's Future Artists with Sian Eleri. **10.00** Radio 1's Power Down Playlist with Sian Eleri. **11.00** Martha. **1.00** Radio 1 Dance Drum & Bass Mix. **1.30** Radio 1 Dance Drum & Bass Mix. **2.00** Radio 1 Anthems. **4.00** Radio 1 Pop Anthems.

BBC RADIO 2

6.30 The Sara Cox Breakfast Show. **9.30** Vernon Kay. **12.00** Jeremy Vine. **2.00** DJ Spoony. **4.00** Joel Dommett. **7.00** Edith Bowman's Shiny Happy Playlist. **7.30** Edith Bowman. **9.00** The Jazz Show with Jamie Cullum. **10.00** The Good Groove with Melvin Odoom. **12.00** OJ Borg. **3.00** Dance Sounds of the 90s with Vernon Kay.

BBC RADIO 3

6.30 Breakfast. **9.30** Essential Classics. **1.00** Classical Live. **4.00** Composer of the Week: Montgeroult. **5.00** In Tune. **6.00** BBC Proms 2026. **8.15** BBC Proms 2026. **10.15** BBC Proms 2026. **11.45** 'Round Midnight. **12.30** Through the Night.

BBC RADIO 4

5.00 News Summary. **5.04** Burnham's Pledge. **5.32** Weather. **5.34** Shipping Forecast. **5.43** Prayer for the Day. **5.45** Farming Today. **6.00** Today. **9.00** Invisible Hands. **9.30** Inside Health. **10.00** Woman's Hour. **11.00** Screenshot. **11.45** Book of the Week: Hiroshima, 8.15: The Lost Memoir. **12.00** News. **12.04** Call You and Yours. **12.57** Weather. **1.00** The World at One. **1.45** Human Intelligence. **2.00** The Archers. **2.15** Drama: Clair. **3.00** Lady on Trial with Lucy Worsley. **3.30** Heart and Soul. **4.00** Above and Below: The Battle to Save Britain's Prehistoric Art. **4.30** What's Up Docs? **5.00** PM. **6.00** Six O'Clock News. **6.30** Paul Sinha's Perfect Pub Quiz. **7.00** The Archers. **7.15** Front Row. **8.00** After EncroChat. **8.40** In Touch. **9.00** Crossing Continents. **9.30** Scam Secrets. **9.59** Weather. **10.00** The World Tonight. **10.45** Book at Bedtime: The Vicar of Wakefield. **11.00** Wild Inside. **11.30** A Good Read. **12.00** News and Weather. **12.30** Book of the Week: Hiroshima, 8.15: The Lost Memoir. **12.48** Shipping Forecast. **1.00** As BBC World Service.

BBC RADIO 5 LIVE

6.00 5 Live Breakfast. **9.00** Nicky Campbell. **11.00** Emma Vardy. **2.00** Matt Chorley. **4.00** 5 Live Drive. **7.00** 5 Live Sport. **8.25** Athletics. **10.00** Johnny I'Anson. **1.00** Dotun Adebayo.

CLASSIC

6.30 Classic FM Breakfast with Tim Lihoreau. **9.00** The Classic FM Hall of Fame Hour with Tim Lihoreau. **10.00** Aled Jones. **1.00** Anne-Marie Minhall. **4.00** Margherita Taylor. **7.00** Relaxing Evenings with John Brunning. **9.00** Classic FM's Composer Carousel With John Brunning. **10.00** Calm Classics. **1.00** Bill Overton.

BBC RADIO SCOTLAND

6.00 Radio Scotland Breakfast. **9.00** Mornings. **12.00** Lunchtime Live. **1.30** Radio Scotland Afternoons. **4.00** Drivetime. **6.00** Get It On with Bryan Burnett. **8.00** Another Country with Ricky Ross. **10.00** Up Late. **12.00** Scotcast. **12.30** As BBC Radio 5 Live.

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BBC1

6.00 Breakfast
9.30 Animal Park (r)
10.00 Trace, Track, Get My Car Back (r)
10.30 European Athletics Championships: Birmingham 2026 Coverage of the opening session on day three.
1.15 BBC News at One; Weather
1.40 Reporting Scotland; Weather
1.50 BBC News at One; Weather
2.00 Money for Nothing
2.45 Escape to the Country (r)
3.30 The Repair Shop (r)
4.30 The Answer Run
5.15 Pointless (r)
6.00 BBC News at Six; Weather
6.30 Reporting Scotland; Weather

7.00 The One Show The 20th birthday celebrations continue.
7.30 EastEnders Chelsea's family rally together in her time of need.
8.00 European Athletics Championships: Birmingham 2026 Further coverage of the evening session on day three.
10.00 BBC News at Ten
10.30 Reporting Scotland; Weather
10.40 MOTD: UEFA Super Cup Highlights Paris Saint-Germain v Aston Villa.
11.10 FILM: Red Eye (2005) Wes Craven's suspense thriller, starring Rachel McAdams and Cillian Murphy.

12.25 Scotcast (r) **12.55** The Hit List Celebrity Special (r) **1.40** Weather for the Week Ahead **1.45** BBC News

BBC2

6.15 Homes Under the Hammer (r) **7.15 Money for Nothing** (r) **8.00 Sign Zone: Great Japanese Railway Journeys** (r) **8.30 Great Continental Railway Journeys** (r) **9.00 BBC News 10.30 Antiques Road Trip** (r) **11.15 Homes Under the Hammer** (r) **12.15 Bargain Hunt** (r) **1.00 Richard Osman's House of Games** (r) **1.30 The Finish Line** (r) **2.15 Do You Know Your Place?** (r) **2.45 The Farmers' Country Showdown** (r)
3.30 Spy in the Ocean (r)
4.30 Vintage Antiques Roadshow (r)
5.15 Flog It! (r)
6.00 Richard Osman's House of Games (r)
6.30 Bear Grylls: Wild Reckoning (r)

7.00 European Athletics Championships: Birmingham 2026 Coverage of the evening session on day three.
8.00 The Repair Shop (r) Experts restore a tiny drum kit clock and a melted wax statuette.
9.00 Murder Trial Part one of two. The case of a man found dead in rural Scotland.
10.00 Inside No 9 (r) Shane and Clifford come up with a plan to abduct the wife of a wealthy hedge fund manager.
10.30 Newsnight Headline analysis with Katie Razzall. Followed by Weather
11.05 Evolution (r)

12.05 FILM: Kindling (2023) Coming-of-age drama, starring George Somner. **1.35** Sign Zone: Amityville: An Origin Story (r) **2.25** This Is BBC Two

STV

6.00 Good Morning Britain
10.00 This Morning
1.30 ITV Lunchtime News; Weather
1.55 STV News; Weather
2.00 Dickinson's Real Deal (r) The team heads to Grimsby.
3.00 Deal or No Deal (r) Jack tries to open the 22 red boxes in the right order.
3.59 STV Weather Central
4.00 Tipping Point (r) Quiz.
5.00 The Chase (r) Alan from London, Kathy from Ely, Genevieve from Lincolnshire and Andy from Glasgow work together as a team to face one of the country's finest quiz brains.
6.00 STV News; Weather
6.30 ITV Evening News; Weather

7.00 Live Pre-Season Football Manchester United v Leeds United (Kick-off 7.30pm). Hugh Woozencroft presents coverage of the friendly at Croke Park in Dublin.
9.50 It'll Be Alright on the Night TV clangers featuring Joel Dommett, Romesh Ranganathan, Ant & Dec, Colin Murray, Amol Rajan, Susanna Reid, Joe Pasquale, Prue Leith and more. Tom Allen hosts.
10.20 ITV News at Ten; Weather
10.50 STV News; Weather
11.05 Long Lost Family: Born Without Trace (r) Davina McCall and Nicky Campbell help foundlings Michael and Christine.

12.05 Shop on TV **3.00** Love & Death (r) **3.55** Inside the Langham: Britain's First Grand Hotel (r) **4.20** Unwind with STV **5.35** Tom Kerridge Cooks Italy (r)

CHANNEL 4

6.30 The King of Queens (r)
7.45 Everybody Loves Raymond (r)
9.10 Frasier (r)
11.10 Ramsay's Kitchen Nightmares USA (r)
12.05 Channel 4 News
12.10 Find It, Fix It, Flog It (r)
1.10 The Great House Giveaway (r)
2.10 Countdown
3.00 A Place in the Sun (r) Dipti from Leicester finds her dream holiday home on Spain's Costa Almería.
4.00 Saving Country Houses with Penelope Keith (r)
5.00 Chateau DIY (r)
6.00 American Pickers (r)

7.00 Channel 4 News
8.00 Extraordinary Extensions A couple find a wartime bomb shelter while renovating a Canterbury B&B.
9.00 Spy Next Door: The Anna Chapman Story The story of British model Anna Chapman, unmasked in 2010 as Russian spy.
10.00 24 Hours in A&E (r) The stories of Queen's patients who are an inspiration to their loved ones and how they have jointly faced some of the biggest challenges of their lives.
11.05 999: On the Front Line (r) Paramedics treat a woman in the advanced stages of labour.

12.10 Celebrity Hunted (r) **1.05** Celebrity Hunted (r) **2.00** Ramsay's Hotel Hell (r) **2.50** Dover 24/7: Britain's Busiest Port (r) **3.45** Fur Babies (r) **4.40** Kirstie's House of Craft (r) **4.55** Couples Come Dine with Me (r) **5.50** Countdown (r)

5

6.00 Milkshake!
9.15 Jeremy Vine
11.30 Storm & Alexis
12.45 5 News at Lunchtime
12.50 Matt Allwright
2.20 FILM: Deadly Secrets (2023) Thriller, starring Lizzie Boys.
4.00 Castle (r) Detective Ryan ends up in the middle of an assassination plot.
4.55 Love Nature (r) An edible forest garden in Holywood, Co Down.
5.00 5 News with Dan Walker
6.00 Sicily: Jewel of the Med (r) Cameras focus on the largest island in the Mediterranean.
6.55 5 News Update

7.00 Car Pound Cops (r) Tracking cars as they are seized for a variety of offences.
7.55 5 News Update
8.00 Casualty 24/7: Every Second Counts New series. A 78-year-old caretaker has chest pains and dangerously low oxygen levels.
9.00 999: Critical Condition A woman fights for her life after an unexplained collapse.
10.00 Ambulance: Code Red (r) A man collapses at the wheel and crashes his car in the street.
11.05 Cause of Death (r) A homeless man is found dead in his temporary accommodation in Blackburn.

12.05 A&E After Dark (r) **1.00** Cruise TV with LoveitBookit (r) **2.00** GPs: Behind Closed Doors (r) **2.50** Castle (r) **3.40** Friends (r) **4.10** Friends (r) **4.35** Cruising with Susan Calman (r) **5.25** Entertainment News on 5 **5.35** Paw Patrol (r) **5.50** The Adventures of Paddington (r)

European Athletics Championships ...
8pm

The Repair Shop,
8pm

The Chase,
5pm

Saving Country Houses with Penelope Keith,
4pm

Casualty 24/7: Every Second Counts,
8pm

BBC3

7.00 The Catch Up. **7.05** Deadly 60. **8.00** Top Gear. **10.00** Guy Montgomery's Guy Mont-Spelling Bee. **11.35** This Country. **2.00** Dinosaur. **3.25** My Mate's a Bad Date. **3.45** Close.

BBC4

7.00 Villages by the Sea. **7.30** Wainwright Walks. **8.00** The Treasures of Ancient Rome. **9.00** Mary Beard's Ultimate Rome: Empire Without Limit. **10.00** I, Claudius. **11.45** The Treasures of Ancient Rome. **12.45** Inside the Bat Cave. **1.45** Wainwright Walks. **2.15** Villages by the Sea. **2.45** Mary Beard's Ultimate Rome: Empire Without Limit. **3.45** Close.

ITV2

6.00 Backyard Builds. **6.30** Dress to Impress. **7.30** The Real Housewives of Potomac. **8.20** The Real Housewives of Orange County. **9.15** The Only Way Is Essex. **10.15** Dawson's Creek. **11.10** Charmed. **12.10** Deal or No Deal. **1.10** Supermarket Sweep. **2.10** The Floor. **3.10** The Only Way Is Essex. **4.10** The Real Housewives of Potomac. **5.00** The Real Housewives of Beverly Hills. **6.00** Celebrity Catchphrase. **7.00** The Floor. **8.00** The 1% Club. **9.00** Family Guy. **11.35** American Dad! **12.35** Bob's Burgers. **1.30** G'wed. **2.00** Transaction. **2.25** Unwind with ITV. **3.00** Teleshopping.

ITV3

6.00 George and Mildred. **7.05** Classic Emmerdale. **8.10** Classic Coronation Street. **9.10** Agatha Christie's Poirot. **11.30** Heartbeat. **1.35** Midsomer Murders. **3.35** Classic Emmerdale. **4.40** Classic Coronation Street. **5.50** Heartbeat. **8.00** Midsomer Murders. **10.00** Grantchester. **11.50** Trial & Retribution. **1.25** Agatha Christie's Poirot. **2.20** Unwind with ITV. **2.30** Teleshopping.

SKY ONE

6.00 Mornings. **7.00** Mornings with Ridge and Frost. **8.00** Stargate SG-1. **10.00** Will & Grace. **11.00** The Simpsons. **12.00** Ningaloo: Australia's Ocean Wonder. **1.00** Hawaii Five-0. **3.00** S.W.A.T. **5.00** The Simpsons. **6.00** Animal Control. **7.00** The Simpsons. **8.00** A League of Their Own: The Rally. **9.00 FILM:** Lethal Weapon (1987). Action thriller, starring Mel Gibson and Danny Glover. **11.00** Animal Control. **12.00** Grimm. **1.00** The Force: Manchester. **2.00** Road Wars. **3.00** Hawaii Five-0. **4.00** S.W.A.T.

SKY MAIN EVENT

6.00 Sky Sports News. **7.00** Sky Sports Breakfast. **9.00** Good Morning Transfers. **10.00** Sky Sports FC. **11.30** The Hundred Live. **2.30** The Hundred Live. Welsh Fire Men v London Spirit Men (Start-time 3pm). **6.00** The Hundred Live. **9.30** Sports Centre. **10.00** Sky Sports News at Ten. **10.30** Paper Talk. **11.00** Live Tennis. The Canadian Open. **4.00** Sky Sports News.

SKY CRICKET

6.00 The Hundred. **9.15** The Hundred Bitesize. **9.45** The Hundred Bitesize. **10.15** The Hundred Bitesize. **11.00** The Hundred Bitesize. **11.15** The Hundred Live. **2.30** The Hundred Live. **6.00** The Hundred Live. **9.30** The Hundred Bitesize. **10.00** The Hundred Bitesize. **10.30** The Hundred. **2.00** The Hundred. **5.15** Best of ICC WT20. **5.45** The Hundred Bitesize.

TNT SPORTS 1

6.00 UEFA Champions League. **6.30** UEFA Conference League. **7.00** Live: Snooker Chinese Open. **10.30** UEFA Europa League. **11.00** TNT Sports Cricket Reload. **12.00** Playing for Our Future – Cycling. **12.15** The Gruppetto. **12.30** Live: Snooker Chinese Open. **4.00** Premier League Stories. **4.30** MotoGP Rewind. **4.45** TNT Sports Cricket Reload. **5.00** CPL Highlights. **5.30** TNT Sports Reload. **6.00** UEFA Road to the Finals. **7.00** Live UEFA Super Cup. Paris Saint-Germain v Aston Villa (Kick-off 8pm). **10.30** Beacon of Hope – The Grenfell Athletic Story. **11.30** MLB Plays of the Week. **12.00** Live MLB. **3.00** Discovery Golf. **3.30** TNT Sports Reload. **4.00** Supercars Championship Highlights.

BBC ALBA

6.00 Alba Today. **5.00** Stan & Gran. **5.15** Losgannan/Froglets. **5.25** Na Clangairean. **5.50** Stòiridh. **6.00** Clann Na Cruinne. **6.15** Belle agus Sebastian. **6.30** Seonaidh. **6.40** Aí Chùil. **6.45** An Sgoil. **7.00** Fuine. **7.30** SpeakGaelic. **8.00** An Là. **8.30** Rùm Gu Rùm, Le Erica. **9.00** An t-Eilean. **9.55** Brunch le Abigail. **10.00** Dàna: Scotland's Wild Side. **10.30** Na Sgiobairean mu Dheireadh. **11.15** Rùrachd. **11.30** Transatlantic Sessions: Dlùth an Dàimh. **12.00** Alba Today.

BBC SCOTLAND

12.00 This Is BBC Scotland. **7.00** Reporting Scotland: News at Seven. **7.30** Scotland's Home of the Year 2024. **8.00** Island Crossings. **9.00** Black Black Oil. **10.00** River City. **10.30** Icons of Football. **11.00** Scotcast. **11.30** The Trials That Shocked Scotland. **12.00** Close.

FILM4

11.00 Secret Headquarters (2022). **1.05** Sign of the Pagan (1954). **2.55** The Comancheros (1961). **5.05** They Rode West (1954). **6.50** Fisherman's Friends: One and All (2022). **9.00** Mission: Impossible – Rogue Nation (2015). Spy thriller sequel, starring Tom Cruise. **11.40** The Rhythm Section (2020). Thriller, starring Blake Lively and Jude Law. **1.50** Holy Cow (2024). **3.45** Close.

U&DAVE

6.00 Teleshopping. **7.25** Top Gear. **8.20** Border Force: America's Gatekeepers. **10.20** Rick Stein's Cornwall. **11.20** Yukon Gold. **12.15** Top Gear. **2.20** Mortimer & Whitehouse: Gone Fishing. **3.00** Guy Martin: Proper Jobs. **4.00** Hairy Bikers' Best of British. **5.00** Rick Stein's Cornwall. **7.00** Mortimer & Whitehouse: Gone Fishing. **7.40** Would I Lie to You? **9.00** QI XL. **10.00** Have I Got a Bit More News for You. **11.00** Taskmaster. **12.00** Mock the Week. **12.40** Would I Lie to You? **2.00** QI XL. **3.05** Richard Osman's House of Games. **3.35** Parks and Recreation. **4.00** Teleshopping.

RADIO

BBC RADIO 1
7.00 Radio 1 Breakfast with Greg James. **11.00** Rickie, Melvin and Charlie. **12.45** Newsbeat. **1.00** Matt and Jerry. **3.30** Newsbeat. **3.33** Going Home with Vick, Katie and Jamie on Radio 1. **5.45** Newsbeat. **6.00** Radio 1's New Music Show with Jack Saunders. **8.00** Radio 1's Future Pop with Maia Beth. **10.00** Radio 1's Power Down Playlist with Sian Eleri. **11.00** Benji B. **1.00** Radio 1 Dance Presents. **2.00** Radio 1 Anthems. **4.00** Radio 1 Pop Anthems.

BBC RADIO 2
6.30 The Sara Cox Breakfast Show. **9.30** Vernon Kay. **12.00** Jeremy Vine. **2.00** DJ Spoony. **4.00** Joel Dommett. **7.00** Edith Bowman's Shiny Happy Playlist. **7.30** Edith Bowman. **9.00** The Folk Show with Mark Radcliffe. **10.00** The Good Groove with Melvin Odoom. **12.00** OJ Borg. **3.00** Alternative Sounds of the 90s with Dermot O'Leary. **4.00** Owain Wyn Evans.

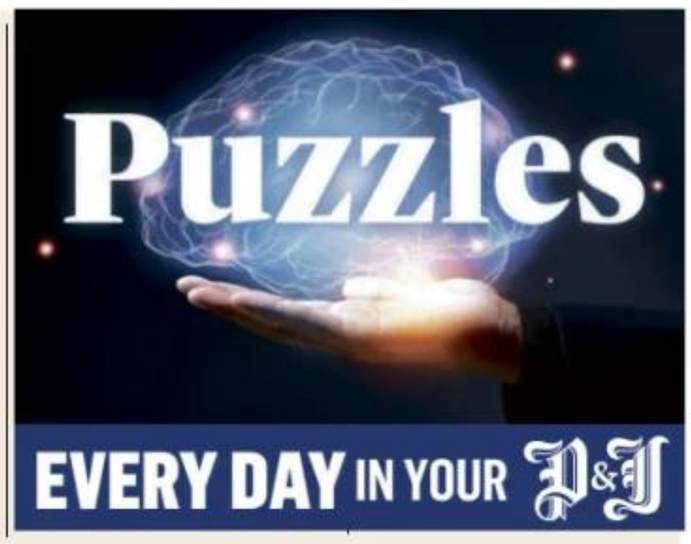
BBC RADIO 3
6.30 Breakfast. **9.30** Essential Classics. **1.00** Classical Live. **3.00** Choral Evensong. **4.00** Composer of the Week: Montgeroult. **5.00** In Tune. **7.00** BBC Proms 2026. **10.00** Night Tracks. **11.30** 'Round Midnight. **12.30** Through the Night.

BBC RADIO 4
5.00 News Summary. **5.04** BBC Inside Science. **5.32** Weather. **5.34** Shipping Forecast. **5.43** Prayer for the Day. **5.45** Farming Today. **6.00** Today. **9.00** Sideways. **9.30** Breakin' the Cycle. **10.00** Woman's Hour. **11.00** After EncroChat. **11.40** This Week in History. **11.45** Book of the Week: Hiroshima, 8.15: The Lost Memoir. **12.00** News. **12.04** You and Yours. **12.57** Weather. **1.00** The World at One. **1.45** Human Intelligence. **2.00** The Archers. **2.15** Drama: United Kingdoms. **3.00** James Hutton and the Restless Earth. **3.30** TBA. **4.00** The Power of Guilt. **4.15** The Media Show. **5.00** PM. **6.00** Six O'Clock News. **6.30** Best Medicine. **7.00** The Archers. **7.15** Front Row. **8.00** AntiSocial. **8.45** Café Hope. **9.00** Invisible Hands. **9.30** Inside Health. **9.59** Weather. **10.00** The World Tonight. **10.45** Book at Bedtime: The Vicar of Wakefield. **11.00** Sunil Patel: An Idiot's Guide to Living Forever. **11.15** Follow the Rabbit. **11.30** A Good Read. **12.00** News and Weather. **12.30** Book of the Week: Hiroshima, 8.15: The Lost Memoir. **12.48** Shipping Forecast. **1.00** As BBC World Service.

BBC RADIO 5 LIVE
5.00 Wake Up to Money. **6.00** 5 Live Breakfast. **9.00** Nicky Campbell. **11.00** Samantha Simmonds. **2.00** Matt Chorley. **4.00** 5 Live Drive. **7.00** 5 Live Sport. **8.00** 5 Live Sport. **10.30** Johnny I'Anson. **1.00** Dotun Adebayo.

CLASSIC
6.30 Classic FM Breakfast with Tim Lihoreau. **9.00** The Classic FM Hall of Fame Hour with Tim Lihoreau. **10.00** Aled Jones. **1.00** Anne-Marie Minhall. **4.00** Margherita Taylor. **7.00** Relaxing Evenings with John Brunning. **9.00** Classic FM's Composer Carousel With John Brunning. **10.00** Calm Classics. **1.00** Bill Overton. **4.00** Early Breakfast.

BBC RADIO SCOTLAND
6.00 Radio Scotland Breakfast. **9.00** Mornings. **12.00** Lunchtime Live. **1.30** Radio Scotland Afternoons. **4.00** Drivetime. **6.00** Get It On with Bryan Burnett. **8.00** The Quay Sessions with Roddy Hart. **10.00** Up Late. **12.00** Scotcast. **12.30** As BBC Radio 5 Live.



thursday august 13

BBC1

6.00 Breakfast
9.30 Animal Park (r)
10.00 Trace, Track, Get My Car Back (r)
10.30 European Athletics Championships: Birmingham 2026 Coverage of a meeting.
1.15 BBC News at One; Weather
1.40 Reporting Scotland; Weather
1.50 BBC News at One; Weather
2.00 Money for Nothing
2.45 Escape to the Country (r)
3.30 The Repair Shop (r)
4.30 The Answer Run
5.15 Pointless (r) Alexander Armstrong is joined by co-host Ria Lina.
6.00 BBC News at Six; Weather
6.30 Reporting Scotland; Weather

7.00 River City (r) Tommy collapses after being diagnosed with a concussion, Tyler contemplates his next moves with Harry, and Chris tells Bob who he thinks Scarlett's tormentor is.
7.30 EastEnders Amy confides in an unlikely source.
8.00 European Athletics Championships: Birmingham 2026 Gabby Logan presents further coverage of the evening session on day four from Alexander Stadium, including the women's 200m final.
10.00 BBC News at Ten
10.30 Reporting Scotland; Weather
10.40 FILM: Yesterday (2019) Comedy, starring Himesh Patel.

12.30 Scotcast (r) **1.00** Alan Carr's Picture Slam (r) **1.45** Weather for the Week Ahead **1.50** BBC News

BBC2

6.30 The Bidding Room (r) **7.15 Money for Nothing** (r) **8.00 Sign Zone: Gardeners' World** (r) **9.00 BBC News 10.30 Antiques Road Trip** (r) **11.15 Homes Under the Hammer** (r) **12.15 Bargain Hunt** (r) **1.00 Richard Osman's House of Games** (r) **1.30 The Finish Line** (r) **2.15 Do You Know Your Place?** (r) **2.45 The Great Rift: Africa's Wild Heart** (r)
3.35 Spy in the Ocean (r) The challenges that ocean life must overcome. Last in the series.
4.35 Vintage Antiques Roadshow (r)
5.15 Flog It! (r)
6.00 Richard Osman's House of Games (r)
6.30 Bear Grylls: Wild Reckoning (r)

7.00 European Athletics Championships: Birmingham 2026 Coverage of the evening session on day four.
8.00 The Big Deal with Steph McGovern New series. Budding art dealers compete to make money.
9.00 A House Through Time New series. Charting history through the successive inhabitants of an Edinburgh house.
10.00 Red Dwarf (r) Rimmer tries to be transferred to a ship crewed by holograms.
10.30 Newsnight Headline analysis with Katie Razzall. Followed by Weather
11.05 Murder Trial (r)

12.05 The Devil in the Family: The Fall of Ruby Franke (r) **12.55** Sign Zone: Ambulance (r) **1.55** Evolution (r) **2.55** This Is BBC Two

STV

6.00 Good Morning Britain News, current affairs and lifestyle features.
10.00 This Morning Celebrity chat and lifestyle features.
1.30 ITV Lunchtime News; Weather
1.55 STV News; Weather
2.00 Dickinson's Real Deal (r) Newcastle Racecourse plays host.
3.00 Deal or No Deal (r) Zee tries to open the 22 red boxes in the right order.
3.59 STV Weather Central
4.00 Tipping Point (r) Quiz, hosted by Ben Shephard.
5.00 The Chase (r) Alex, Karen, Judy and Dhillon compete in the quiz.
6.00 STV News at Six; Weather
6.30 ITV Evening News; Weather

7.30 Tom Kerridge Cooks Italy Tom explores Italy's mountains.
8.00 Emmerdale Dylan admits to April that he has been struggling.
8.30 Coronation Street Tim takes in Richie's daughter Lucy without consulting Sally.
9.00 The Chase Around the World The teams land in Zurich to take on the Governess and the Dark Destroyer.
10.00 ITV News at Ten; Weather
10.30 STV News; Weather
10.45 FILM: Quantum of Solace (2008) Spy thriller sequel, starring Daniel Craig, Olga Kurylenko, Judi Dench, Gemma Arterton and Mathieu Amalric.

12.35 Shop on TV **3.00** The Summit (r) **3.50** Unwind with STV **5.05** Deal or No Deal: Celebrity Special (r)

CHANNEL 4

6.30 The King of Queens (r)
7.45 Everybody Loves Raymond (r)
9.10 Frasier (r)
11.10 Ramsay's Kitchen Nightmares USA (r)
12.05 Channel 4 News
12.10 Find It, Fix It, Flog It (r)
1.10 The Great House Giveaway (r)
2.10 Countdown
3.00 A Place in the Sun (r) Jasmine Harman helps Debra and Greg find a holiday home in Murcia, Spain.
4.00 Saving Country Houses with Penelope Keith (r) Transforming Ashby Manor's expansive parkland.
5.00 Chateau DIY (r)
6.00 American Pickers (r)

7.00 Channel 4 News
8.00 Renovation Rescue Vogue Williams and Luke Mabbott help widow Fiona finally breathe new life into her beloved family home that holds so many precious memories.
9.00 Spy Next Door: The Anna Chapman Story Anna Chapman is revealed to be a Russian spy in the United States.
10.00 The Schoolgirl Terrorist? How Rhianan Rudd became the youngest girl charged with terror offences in the UK.
11.05 Social Media Monsters (r) How a stalker sought revenge on her former boss.

12.10 Crime Scene Cleaners (r) **1.05** Secret Lives of Gypsy Wives (r) **1.55** Ramsay's Hotel Hell (r) **2.45** Dictator: The Hitler Interviews (r) **3.40** Fur Babies (r) **4.35** Kirstie's House of Craft (r) **4.55** Couples Come Dine with Me (r) **5.50** Countdown (r)

5

6.00 Milkshake!
9.15 Jeremy Vine
11.30 Storm & Alexis
12.45 5 News at Lunchtime
12.50 Matt Allwright
2.20 FILM: The Replacement Daughter (2024) Thriller, starring Stacy Haiduk.
4.00 Castle (r) A personal injury attorney is murdered.
4.55 Love Nature (r) A red kite feeding centre in the heart of mid-Wales.
5.00 5 News with Dan Walker
6.00 Crete: Jewel of the Med (r) An exploration of the largest of the Greek Islands.
6.55 5 News Update

7.00 Around the World in First Class with Josie Gibson Josie explores the tourist hotspots of Finland and Sweden.
7.55 5 News Update
8.00 The Yorkshire Vet Special: Peter's Dream New series. Peter Wright creates a Yorkshire pet memorial garden.
9.00 Benidorm Is Murder A cleaner finds a murder victim.
10.00 Killer at the Crime Scene (r) The murder of a beauty spa owner who was killed in a devastating explosion.
11.05 The Body in the Thames (r) The murder of a child found dead in the River Thames in 2001.

12.05 Street Cops: Catching the Yobs (r) **1.00** Cruise TV with LoveitBookit (r) **2.00** Entertainment News on 5 **2.10** GPs: Behind Closed Doors (r) **3.05** Castle (r) **3.50** Friends (r) **4.15** Friends (r) **4.35** Cruising with Susan Calman (r) **5.25** Entertainment News on 5

European Athletics Championships ...
8pm

European Athletics Championships ...
7pm

Tom Kerridge Cooks Italy,
7.30pm

Spy Next Door: The Anna Chapman Story,
9pm

Around the World in First Class with Josie Gibson,
7pm

BBC3

7.00 The Catch Up. **7.05** Deadly 60. **8.00** Sort Your Life Out with Stacey Solomon. **9.00** Better Date than Never. **10.30** RuPaul's Drag Race UK: Meet the Queens. **10.55 FILM:** Bridget Jones's Baby (2016). **12.50** The Kim Kardashian Diamond Heist. **1.35** The Trouble with Kanye. **2.50** Better Date than Never. **3.50** Close.

BBC4

7.00 Villages by the Sea. **7.30** Wainwright Walks. **8.00** Operation Mincemeat. **9.00** The Coen Brothers Story. **10.00 FILM:** Inside Llewyn Davis (2013). **11.40 FILM:** Shaft (1971). **1.15** Wainwright Walks. **1.45** Operation Mincemeat. **2.45** Villages by the Sea. **3.15** Close.

ITV2

6.00 Backyard Builds. **6.30** Dress to Impress. **7.30** The Real Housewives of Potomac. **8.20** The Real Housewives of Beverly Hills. **9.15** The Only Way Is Essex. **10.15** Dawson's Creek. **11.10** Charmed. **12.10** Deal or No Deal. **1.10** Supermarket Sweep. **2.10** The Floor. **3.10** The Only Way Is Essex. **4.10** The Real Housewives of Potomac. **5.00** The Real Housewives of Beverly Hills. **6.00** Celebrity Catchphrase. **7.00** The Floor. **8.00** The 1% Club. **9.00** Romesh Ranganathan's Parents' Evening. **10.00** Changing Ends. **10.35** Family Guy. **11.35** American Dad! **12.35** Bob's Burgers. **1.30** Deal or No Deal. **2.20** Unwind with ITV. **3.00** Teleshopping.

ITV3

6.00 George and Mildred. **7.05** Classic Emmerdale. **8.10** Classic Coronation Street. **9.10** Agatha Christie's Poirot. **11.30** Heartbeat. **1.35** Midsomer Murders. **3.35** Classic Emmerdale. **4.40** Classic Coronation Street. **5.50** Heartbeat. **8.00** Vera. **10.00** Grantchester. **11.50** Trial & Retribution. **1.25** Agatha Christie's Poirot. **2.20** Unwind with ITV. **2.30** Teleshopping.

SKY ONE

6.00 Mornings. **7.00** Mornings with Ridge and Frost. **8.00** Stargate SG-1. **10.00** Will & Grace. **11.00** The Simpsons. **12.00** Big Cats Small World. **1.00** Hawaii Five-0. **3.00** S.W.A.T. **5.00** The Simpsons. **6.00** Animal Control. **6.30** The Simpsons. **8.00** Rob & Romesh vs Magic in Vegas. **9.00** The Dyers' Caravan Park. **10.00** The Paper. **11.00** Animal Control. **11.30** Grimm. **12.30** The Force: Manchester. **1.30** Road Wars. **2.00** Frank Skinner: 30 Years of Dirt. **3.00** Hawaii Five-0. **4.00** S.W.A.T.

SKY MAIN EVENT

6.00 Sky Sports News. **7.00** Sky Sports Breakfast. **9.00** Good Morning Transfers. **10.00** Sky Sports FC. **12.00** Live DP World Tour Golf. **5.00** Live PGA Tour Golf. **7.00** The Transfer Show. **7.30** Live Betfred Super League. **10.15** Live PGA Tour Golf. **11.00** Live Tennis. **1.00** Live Tennis. **3.00** Live Tennis. **4.00** Sky Sports News.

SKY CRICKET

6.00 The Hundred. **9.15** The Hundred Bitesize. **9.45** The Hundred Bitesize. **10.00** The Hundred. **1.30** The Hundred Bitesize. **2.00** The Hundred. **5.15** The Hundred Bitesize. **5.45** The Hundred Bitesize. **6.15** The Hundred Bitesize. **7.00** The Hundred. **10.30** The Hundred Bitesize. **11.00** The Hundred. **2.15** The Hundred Bitesize. **2.45** The Hundred Bitesize. **3.15** The Hundred Bitesize. **4.00** Women's ICC World T20 Cricket. **4.30** The Hundred Bitesize. **5.00** The Hundred Bitesize. **5.15** Best of ICC WT20. **5.45** The Hundred Bitesize.

TNT SPORTS 1

6.00 LIV Golf. **7.00** Live: Snooker Chinese Open. **10.30** The Gruppetto. **10.45** MotoGP Rewind. **11.00** Discovery Golf. **11.30** Golden Trail World Series. **12.00** TNT Sports Reload. **12.30** Live: Snooker Chinese Open. **4.00** TNT Sports Reload. **4.30** Discovery Golf. **5.00** CPL Highlights. **5.30** MLB Highlights. **6.30** Live MLB. **9.30** MLB Plays of the Week. **10.00** UEFA Champions League – Classics. **10.30** TNT Sports Reload. **11.00** CPL Highlights. **11.30** Live: CPL. **3.45** TNT Sports Cricket Reload.

BBC ALBA

6.00 Alba Today. **5.00** Bing. **5.15** Abadas. **5.30** Cleasan ⅛taidh & Tilidh. **5.40** 'S E Iasg a Th'Annam. **5.45** Peataichean/Pets. **5.50** Stòiridh. **6.00** Bogaisean is Gumbalan. **6.25** Seonaidh. **6.35** An Saoghal Droil aig Pol Ploc. **7.00** Dubhlain DIY. **7.30** SpeakGaelic. **8.00** An Là. **8.30** Mach à Seo! **9.00** Na Sgiobairean mu Dheireadh. **9.45** Rudan Beaga Bòidheach le Niamh Mackinnon. **10.00** Seòid a' Chidsin – The Kitchen Coves. **10.30** Sàr Sgeòil: Open the Door. **11.30** Dàna: Scotland's Wild Side. **12.00** Alba Today.

BBC SCOTLAND

12.00 This Is BBC Scotland. **7.00** Reporting Scotland: News at Seven. **7.30** Hidden Lives. **8.00** Beechgrove Garden. **8.30** Scotland's Greatest Escape. **9.00** Martin Compston's Scottish Fling. **10.00** Scot Squad. **10.30** Edinburgh Unlocked. **11.00** Scotcast. **11.30** Growing Up Scottish. **12.00** Close.

FILM4

11.00 Journey to the Center of the Earth (1959). **1.40** Sherlock Holmes and the Secret Weapon (1942). **3.10** The True Story of Jesse James (1957). **5.00** Tolkien (2019). **7.10** Moon (2009). **9.00** The Woman King (2022). **11.40** Anna (2019). **2.00** Berberian Sound Studio (2012). **3.55** Close.

U&DAVE

7.25 Top Gear. **8.20** Border Force: America's Gatekeepers. **10.20** Rick Stein's Cornwall. **11.20** Yukon Gold. **12.15** Top Gear. **2.20** Mortimer & Whitehouse: Gone Fishing. **3.00** Guy Martin: Proper Jobs. **4.00** Hairy Bikers' Best of British. **5.00** Rick Stein's Cornwall. **7.00** Mortimer & Whitehouse: Gone Fishing. **7.40** Would I Lie to You? **9.00** Hit Point. **10.00** Have I Got a Bit More News for You. **11.00** Taskmaster. **12.00** Mock the Week. **12.40** Would I Lie to You? **2.00** Hit Point. **2.50** Richard Osman's House of Games. **3.35** Parks and Recreation. **4.00** Teleshopping.

RADIO

BBC RADIO 1

5.00 Radio 1 Early Breakfast with Dean McCullough. **6.58** Newsbeat. **7.00** Radio 1 Breakfast with Greg James. **11.00** Rickie, Melvin and Charlie. **12.45** Newsbeat. **1.00** Matt and Mollie. **3.00** Radio 1 Pop Anthems. **3.30** Newsbeat. **3.33** Going Home with Vick, Katie and Jamie on Radio 1. **5.45** Newsbeat. **6.00** Radio 1's New Music Show with Jack Saunders. **8.00** Radio 1's Rave-Up with Arielle Free. **10.00** BBC Introducing Dance. **11.00** The Residency on Radio 1 Dance. **1.00** Danny Howard's Club Mix. **2.00** Radio 1 Anthems. **4.00** Radio 1's Workout Anthems.

BBC RADIO 2

6.30 The Sara Cox Breakfast Show. **9.30** Vernon Kay. **11.25** Radio 2's Piano Room. **12.00** Jeremy Vine. **2.00** Clara Amfo. **4.00** Joel Dommett. **7.00** Edith Bowman's Shiny Happy Playlist. **7.30** Edith Bowman. **9.00** The Country Show with Darius Rucker. **10.00** The Good Groove with Melvin Odoom. **12.00** OJ Borg. **3.00** Dance Sounds of the 90s with Vernon Kay.

BBC RADIO 3

6.30 Breakfast. **9.30** Essential Classics. **1.00** Classical Live. **4.00** Composer of the Week: Montgeroult. **5.00** In Tune. **7.00** BBC Proms 2026. **10.00** Night Tracks. **11.30** 'Round Midnight. **12.30** Through the Night.

BBC RADIO 4

5.00 News Summary. **5.04** Sideways. **5.32** Weather. **5.34** Shipping Forecast. **5.43** Prayer for the Day. **5.45** Farming Today. **6.00** Today. **9.00** Natalie Haynes Stands Up for the Classics. **9.30** The Guitar Story. **10.00** Woman's Hour. **11.00** The Three Ages of Child. **11.45** Book of the Week: Hiroshima, 8.15: The Lost Memoir. **12.00** News. **12.04** Scam Secrets. **12.32** Sliced Bread. **12.57** Weather. **1.00** The World at One. **1.45** Human Intelligence. **2.00** The Archers. **2.15** Drama: Security. **3.00** This Natural Life. **3.27** Radio 4 Appeal. **3.30** Feedback. **4.00** The Briefing Room. **4.30** BBC Inside Science. **5.00** PM. **6.00** Six O'Clock News. **6.30** Icklewick FM. **7.00** The Archers. **7.15** Front Row. **8.00** At Your Own Peril. **8.15** The Media Show. **9.00** Loose Ends. **9.45** The Cows Are Mad. **9.59** Weather. **10.00** The World Tonight. **10.45** Book at Bedtime: The Vicar of Wakefield. **11.00** Radical. **11.30** A Good Read. **12.00** News and Weather. **12.30** Book of the Week: Hiroshima, 8.15: The Lost Memoir. **12.48** Shipping Forecast. **1.00** As BBC World Service.

BBC RADIO 5 LIVE

6.00 5 Live Breakfast. **9.00** Nicky Campbell. **11.00** Gordon Smart. **2.00** Matt Chorley. **4.00** 5 Live Drive. **7.00** 5 Live Sport. **7.30** Athletics. **10.00** Johnny I'Anson. **1.00** Charlie Taylor.

CLASSIC

6.30 Classic FM Breakfast with Tim Lihoreau. **9.00** The Classic FM Hall of Fame Hour with Tim Lihoreau. **10.00** Aled Jones. **1.00** Anne-Marie Minhall. **4.00** Margherita Taylor. **7.00** Relaxing Evenings with John Brunning. **9.00** Classic FM's Composer Carousel With John Brunning. **10.00** Calm Classics. **1.00** Bill Overton.

BBC RADIO SCOTLAND

6.00 Radio Scotland Breakfast. **9.00** Mornings. **12.00** Lunchtime Live. **1.30** Radio Scotland Afternoons. **4.00** Drivetime. **6.00** Get It On with Bryan Burnett. **8.00** Travelling Folk. **10.00** Up Late. **12.00** Scotcast. **12.30** As BBC Radio 5 Live.

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BBC1

6.00 Breakfast
9.30 Animal Park (r)
10.00 Trace, Track, Get My Car Back (r)
10.30 European Athletics Championships: Birmingham 2026 Coverage of a meeting.
1.15 BBC News at One; Weather
1.40 Reporting Scotland; Weather
1.50 BBC News at One; Weather
2.00 The Hairdresser Mysteries
2.45 Escape to the Country (r)
3.30 The Repair Shop (r)
4.30 The Answer Run
5.15 Pointless (r) Quiz, hosted by Alexander Armstrong.
6.00 BBC News at Six; Weather
6.30 Reporting Scotland; Weather

7.00 The One Show at 20 Alex Jones, Roman Kemp and friends celebrate the show's 20th anniversary.
8.00 European Athletics Championships: Birmingham 2026 Gabby Logan presents further coverage of the evening session on day five from Alexander Stadium, including the men's 200m and women's 800m finals.
10.00 BBC News at Ten
10.30 Reporting Scotland; Weather
10.40 Ann Droid Sue goes camping to see a meteor storm.
11.10 FILM: Mothers' Instinct (2024) Premiere. Drama, starring Anne Hathaway and Jessica Chastain.

12.40 Weather for the Week Ahead **12.45** BBC News

BBC2

6.30 The Answer Run (r) **7.15 Money for Nothing** (r) **8.00 Sign Zone: Marcus Wareing Simply Provence** (r) **9.00 BBC News 10.30 Antiques Road Trip** (r) **11.15 Homes Under the Hammer** (r) **12.15 Bargain Hunt** (r) **1.00 Richard Osman's House of Games** (r) **1.30 The Finish Line** (r) **2.15 Do You Know Your Place?** (r) **2.45 The Great Rift: Africa's Wild Heart** (r) The diverse waterways of the Great Rift Valley.
3.45 The Great Rift: Africa's Wild Heart (r)
4.35 Vintage Antiques Roadshow (r)
5.15 Flog It! (r)
6.00 Richard Osman's House of Games (r)
6.30 Bear Grylls: Wild Reckoning (r)

7.00 European Athletics Championships: Birmingham 2026 Coverage of the evening session on day five.
8.00 Gardeners' World As the drought takes its toll on Longmeadow, Monty Don takes stock of his garden.
9.00 Bergerac A revelation about the night of Cate's murder changes everything.
9.45 QI XL (r) With Rose Matafeo, Lou Sanders and Ross Noble.
10.30 Newsnight Headline analysis with Paddy O'Connell. Followed by Weather
11.05 FILM: On Falling (2024) Premiere. Drama, starring Joana Santos.

12.45 Sign Zone: The Rapture (r) **1.45** This Is BBC Two

STV

6.00 Good Morning Britain
10.00 This Morning
1.30 ITV Lunchtime News; Weather
1.55 STV News; Weather
2.00 Dickinson's Real Deal (r) David Dickinson and his dealers set up stall in Oldham.
3.00 Deal or No Deal (r) Brian tries to open the 22 red boxes in the right order.
3.59 STV Weather Central
4.00 Tipping Point (r) Quiz, hosted by Ben Shephard.
5.00 The Chase (r) Sacub, Vicky, Sophy and Paul take part.
6.00 STV News at Six; Weather
6.30 ITV Evening News; Weather

7.00 The STV Radio Football Takeover Hosted by Ewen Cameron, Ronnie Charters and Callum Bell.
7.30 What's on Scotland
8.00 Emmerdale Lewis surprises Kev with an announcement.
8.30 Coronation Street Lucy's presence stirs up conflict on the street.
9.00 Who Wants to Be a Millionaire? Celebrity Special (r) Steph McGovern and Dion Dublin compete to win money for charity.
10.00 The Twisted Tale of Amanda Knox
11.00 ITV News at Ten; Weather
11.35 STV News; Weather
11.50 Inside the Langham: Britain's First Grand Hotel (r)

12.15 Shop on TV **3.00** Force of Nature (r) **3.50** Long Lost Family (r) **4.45** Unwind with STV

CHANNEL 4

6.30 The King of Queens (r)
7.45 Everybody Loves Raymond (r)
9.10 Frasier (r)
11.10 Ramsay's Kitchen Nightmares USA (r)
12.05 Channel 4 News
12.10 Find It, Fix It, Flog It (r)
1.10 The Great House Giveaway (r)
2.10 Countdown
3.00 A Place in the Sun (r) Ben Hillman helps Tom from Scotland find the perfect holiday home on Gran Canaria.
4.00 Saving Country Houses with Penelope Keith (r)
5.00 Chateau DIY (r)
6.00 American Pickers (r)

7.00 Channel 4 News
8.00 Surgery Secrets of the Super Rich Emma has a £9,500 nano-fat treatment to rejuvenate her under-eye shadows and James tackles hair loss head-on in an eight-hour transplant.
9.00 8 Out of 10 Cats Does Countdown (r) Jon Richardson and Roisin Conaty take on Rob Beckett and Kiell Smith-Bynoe.
10.00 Big Fat Quiz: Best Bits A compilation of the biggest flops from the show.
11.05 Sarah Millican: Chatterbox Live (r) Stand-up comedy show recorded in London in 2011.

12.10 Bill Bailey Live: Part Troll (r) **1.35** Ramsay's Hotel Hell (r) **2.25** Four in a Bed (r) **2.50** Four in a Bed (r) **3.15** Four in a Bed (r) **3.45** Four in a Bed (r) **4.10** Four in a Bed (r) **4.35** Couples Come Dine with Me (r) **5.30** Kirstie's House of Craft (r) **5.40** A Place in the Sun (r)

5

6.00 Milkshake!
9.15 Jeremy Vine
11.30 Storm & Alexis
12.45 5 News at Lunchtime
12.50 Matt Allwright
2.20 FILM: My Husband's Seven Wives (2024) Thriller, starring Kristi Murdock.
4.00 Castle (r) A mysterious recurring dream drives Castle and Beckett to seek answers.
4.55 Love Nature (r)
5.00 5 News with Dan Walker
6.00 Ibiza: Jewel of the Med (r) A visit to the Balearic island known for its nightlife and rich cultural history.
6.55 5 News Update

7.00 Tom Read Wilson's Magnificent Journey (r) The presenter's travels take him to Italy. Last in the series.
7.55 5 News Update
8.00 Alexander Armstrong in Sri Lanka (r) Alexander explores the country.
9.00 The Big Drought of 1975 (r) A look at a record-breaking spell of erratic weather in the UK that lasted for 16 months from May 1975, culminating in 1976 when thousands of households had to rely on standpipes.
10.30 Piers Morgan: Uncensored Opinion-led news and debate, hosted by Piers Morgan.

12.05 Fare Dodgers: At War with the Law (r) **1.00** Cruise TV with LoveitBookit (r) **2.00** Entertainment News on 5 **2.10** GPs: Behind Closed Doors (r) **3.00** Castle (r) **3.45** Friends (r) **4.10** Friends (r) **4.35** Cruising with Susan Calman (r) **5.25** Entertainment News on 5

European Athletics Championships ...
8pm

Gardeners' World,
8pm

Dickinson's Real Deal,
2pm

8 Out of 10 Cats Does Countdown,
9pm

Alexander Armstrong in Sri Lanka,
8pm

BBC3

7.00 The Catch Up. **7.05** Deadly 60. **7.30 FILM:** Night at the Museum: Secret of the Tomb (2014). Fantasy comedy sequel, starring Ben Stiller. **9.00** Death in Paradise. **10.00** Ghosts Australia. **11.15** He Had It Coming. **2.35** My Mate's a Bad Date. **2.55** Death in Paradise. **3.55** Close.

BBC4

7.00 Beethoven's Seventh at the Proms. **8.35** TOTP: 2000. **9.35** TOTP: 1985. **10.05** TOTP: 1986. **10.35** Ultimate Cover Versions at the BBC. **11.35** Ultimate Cover Versions at the BBC: Volume 2. **1.35** TOTP: 2000. **2.35** TOTP: 1985. **3.05** TOTP: 1986. **3.35** Close.

ITV2

6.00 Backyard Builds. **6.30** Dress to Impress. **7.30** The Real Housewives of Potomac. **8.20** The Real Housewives of Beverly Hills. **9.15** The Only Way Is Essex. **10.15** Dawson's Creek. **11.10** Charmed. **12.10** Deal or No Deal. **1.10** Supermarket Sweep. **2.10** The Floor. **3.10** The Only Way Is Essex. **4.10** The Real Housewives of Potomac. **5.00** The Real Housewives of Beverly Hills. **6.00** Celebrity Catchphrase. **7.00** The Floor. **8.00** The 1% Club. **9.00 FILM:** John Wick: Chapter 2 (2017). Action sequel, starring Keanu Reeves. **11.25** Family Guy. **12.25** American Dad! **1.25** Bob's Burgers. **2.15** Unwind with ITV. **3.00** Teleshopping.

ITV3

6.00 George and Mildred. **7.05** Classic Emmerdale. **8.05** Classic Coronation Street. **9.10** Agatha Christie's Poirot. **11.35** Heartbeat. **1.35** Midsomer Murders. **3.35** Classic Emmerdale. **4.40** Classic Coronation Street. **5.50** Heartbeat. **8.00** Doc Martin. **10.00** Grantchester. **11.50** Trial & Retribution. **1.55** George and Mildred. **2.20** Unwind with ITV. **2.30** Teleshopping.

SKY ONE

6.00 Mornings with Jones and Melbourne. **8.00** Stargate SG-1. **10.00** Will & Grace. **11.00** The Simpsons. **12.00** Big Cats Small World. **1.00** Hawaii Five-0. **3.00** S.W.A.T. **5.00** The Simpsons. **8.00** An Idiot Abroad 2. **9.00** Frank Skinner: 30 Years of Dirt. **10.00** Grimsburg. **11.30** An Idiot Abroad 2. **12.30** Grimm. **1.30** The Force: Manchester. **2.30** Road Wars. **3.00** Hawaii Five-0. **4.00** S.W.A.T.

SKY MAIN EVENT

6.00 Sky Sports News. **7.00** Sky Sports Breakfast. **9.00** Good Morning Transfers. **10.00** Sky Sports FC. **12.00** Transfer Talk. **1.00** Lunchtime Live. **2.00** The Hundred Live. **5.30** The Hundred Live. **7.15** Live EFL. Wolverhampton Wanderers v Blackburn Rovers (Kick-off 8pm). **10.30** Live Tennis. The Cincinnati Open. **12.00** Live Tennis. **4.00** Sky Sports News.

SKY CRICKET

6.00 The Hundred. **9.15** The Hundred Bitesize. **9.45** The Hundred Bitesize. **10.00** The Hundred. **1.30** The Hundred Bitesize. **2.00** The Hundred Live. **5.30** The Hundred Live. **9.00** The Hundred Bitesize. **9.15** The Hundred Bitesize. **9.30** The Hundred Bitesize. **9.45** The Hundred Bitesize. **10.00** The Hundred. **1.30** The Hundred Bitesize. **1.45** The Hundred Bitesize. **2.00** The Hundred. **5.15** Best of ICC WT20. **5.45** The Hundred Bitesize.

TNT SPORTS 1

6.00 LIV Golf. **7.00** Live: Snooker Chinese Open. **10.30** TNT Sports Reload. **11.00** Discovery Golf. **11.30** UIM F1H2O World Championship Highlights. **12.00** UEFA Champions League – Classics. **12.30** Live: Snooker Chinese Open. **4.00** Serie A – Full Impact. **5.00** TNT Sports Reload. **5.30** Roll the Tape. **5.45** MLB Plays of the Week. **6.15** MLB Highlights. **7.15** UEFA Europa League Goals Reload. **7.30** Live: European Athletics Championships. Coverage from the night session on the fifth day of the event. **10.00** TNT Sports Reload. **10.30** FA Cup: The People's Story – Women's FA Cup. **10.45** MLB Plays of the Week. **11.15** MLB Highlights. **12.15** Live MLB. **3.00** MLB Plays of the Week. **3.30** TNT Sports Reload. **4.00** Live AFL.

BBC ALBA

6.00 Alba Today. **5.00** Na Clangairean. **5.15** Losgannan/ Froglets. **5.20** Creag nam Buthaidean. **5.35** Peataichean/ Pets. **5.40** Abadas. **5.55** Stòiridh. **6.00** An Teaghlach Rioghail an Ath-dhoras. **6.20** Clann Na Cruinne. **6.40** Belle agus Sebastian. **6.50** Seonaidh. **7.00** An Là. **7.25** Brunch le Abigail. **7.35** Machair. **8.00** An Cuan Sgith. **8.30** Mas Fhior. **9.00** Aig ai Mhullach. **10.30** Runrig: The Last Dance. **12.00** Alba Today.

BBC SCOTLAND

12.00 This Is BBC Scotland. **7.00** Reporting Scotland: News at Seven. **7.30** Scotland's Greatest Escape. **8.00** Paramedics on Scene. **9.00** Hercules the Bear: A Love Story. **10.00** Still Game. **10.30** Two Doors Down. **11.00** Situationships with Sophie and Christine. **12.00** Close.

FILM4

11.00 Cleopatra (1963). **3.45** Siege of the Saxons (1963). **5.30** The Battle at Apache Pass (1952). **7.15** Horizon Line (2020). Thriller, starring Allison Williams. **9.00** Fury (2014). Second World War drama, starring Brad Pitt. **11.40** The Invitation (2022). Horror thriller, starring Nathalie Emmanuel. **1.45** Infinity Pool (2023). **4.00** Close.

U&DAVE

6.00 Teleshopping. **7.25** Top Gear. **8.20** Border Force: America's Gatekeepers. **10.20** Rick Stein's Cornwall. **11.25** Yukon Gold. **12.20** Top Gear. **2.20** Mortimer & Whitehouse: Gone Fishing. **3.00** Guy Martin: Proper Jobs. **4.00** Hairy Bikers' Best of British. **5.00** Rick Stein's Cornwall. **7.00** Mortimer & Whitehouse: Gone Fishing. **7.40** Would I Lie to You? **8.20** QI XL. **9.25** Would I Lie to You? At Christmas. **10.00** Magnum P.I. **12.00** Mock the Week. **12.40** Would I Lie to You? **1.20** Would I Lie to You? At Christmas. **2.00** QI XL. **2.50** Richard Osman's House of Games. **3.35** Parks and Recreation. **4.00** Teleshopping.

RADIO

BBC RADIO 1

5.00 Radio 1 Early Breakfast. **6.58** Newsbeat. **7.00** Radio 1 Breakfast with Greg James. **10.00** Radio 1 Anthems with Nat and Vicky. **11.00** Radio 1's Group Chat with Nat and Vicky. **12.45** Newsbeat. **1.00** Mylo and Rosie. **3.00** Radio 1 Dance Party Starters. **4.00** The Official Chart on Radio 1 with Jack Saunders. **5.45** Newsbeat. **6.00** Radio 1's Dance Party with Danny Howard. **8.00** Radio 1's Future Dance with Sarah Story. **10.00** Pete Tong. **12.00** Radio 1's Essential Mix. **2.00** Radio 1 Dance Presents. **3.00** Danny Howard's Club Mix. **4.00** Radio 1 Dance Party Starters.

BBC RADIO 2

9.30 Vernon Kay. **12.00** Jeremy Vine. **2.00** Mark Goodier. **4.00** Joel Dommett. **7.00** Michelle Visage. **8.30** Michelle Visage's Handbag Hits. **9.00** Sophie Ellis-Bextor's Kitchen Disco. **11.00** The Rock Show with Shaun Keaveny. **12.00** Romesh Ranganathan: For the Love of Hip-Hop. **1.00** Tony Blackburn's Sounds of Soul. **2.00** Pick of the Pops. **3.00** Pick of the Pops.

BBC RADIO 3

6.30 Breakfast. **9.30** Essential Classics. **1.00** Classical Live. **4.00** Composer of the Week: Montgeroult. **5.00** In Tune. **7.00** BBC Proms 2026. **10.00** Late Junction. **11.30** 'Round Midnight. **12.30** Through the Night.

BBC RADIO 4

5.32 Weather. **5.34** Shipping Forecast. **5.43** Prayer for the Day. **5.45** Farming Today. **6.00** Today. **9.00** Desert Island Discs. **10.00** Woman's Hour. **11.00** The Food Programme. **11.45** Book of the Week: Hiroshima, 8.15: The Lost Memoir. **12.00** News. **12.04** Rare Earth. **12.57** Weather. **1.00** The World at One. **1.45** Human Intelligence. **2.00** The Archers. **2.15** Drama: Central Intelligence. **2.45** Living on the Edge. **3.00** Gardeners' Question Time. **3.45** Short Works. **4.00** Last Word. **4.30** Sideways. **5.00** PM. **6.00** Six O'Clock News. **6.30** The People Have Spoken. **7.00** The Archers. **7.15** Add to Playlist. **8.00** Any Questions? **8.55** This Week in History. **9.00** Natalie Haynes Stands Up for the Classics. **9.30** Breakin' the Cycle. **9.59** Weather. **10.00** The World Tonight. **10.45** Book at Bedtime: The Vicar of Wakefield. **11.00** Americast. **11.30** A Good Read. **12.00** News and Weather. **12.30** Book of the Week: Hiroshima, 8.15: The Lost Memoir. **12.48** Shipping Forecast. **1.00** As BBC World Service.

BBC RADIO 5 LIVE

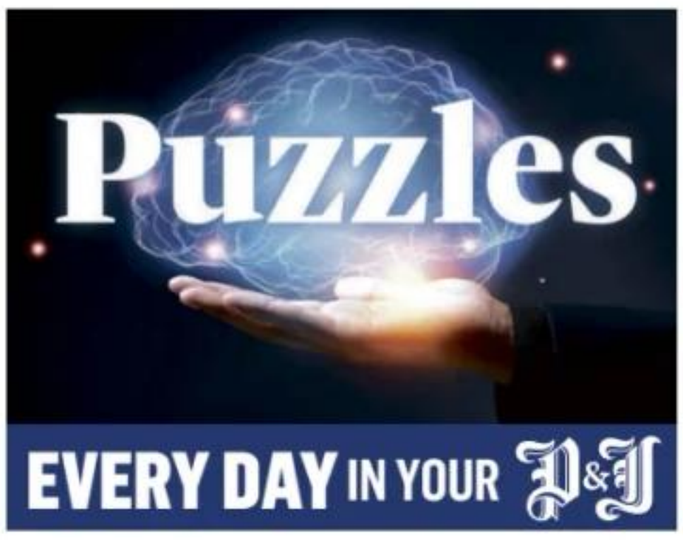
6.00 5 Live Breakfast. **9.00** Nicky Campbell. **11.00** Gordon Smart. **1.00** Elis James and John Robins. **2.00** Matt Chorley. **4.00** 5 Live Drive. **7.00** 5 Live Sport. **8.30** Athletics. **10.00** Stephen Nolan. **1.00** Charlie Taylor.

CLASSIC

6.30 Classic FM Breakfast with Tim Lihoreau. **9.00** The Classic FM Hall of Fame Hour with Tim Lihoreau. **10.00** Aled Jones. **1.00** Anne-Marie Minhall. **4.00** Margherita Taylor. **6.00** Classic FM at the Movies with Jonathan Ross. **8.00** Classical Spotlight with Alexander Armstrong. **10.00** Calm Classics. **2.00** Katie Breathwick.

BBC RADIO SCOTLAND

6.00 Radio Scotland Breakfast. **9.00** Mornings. **12.00** Lunchtime Live. **1.30** Breaking the News. **2.00** Radio Scotland Afternoons. **4.00** Drivetime. **6.00** Grant Stott's Vinyl Collective. **8.00** BBC Introducing in Scotland. **10.00** Up Late. **12.00** As BBC Radio 5 Live.



OUR PETS

By Amy Kelman

The world cowers as Torvi lets out a mighty roar! Rebecca MacDougall's kitty wakes up in Alford.

Brill Buster makes time to chill during his Loch Linnhe holiday with Cheryl Handy from Dundee.

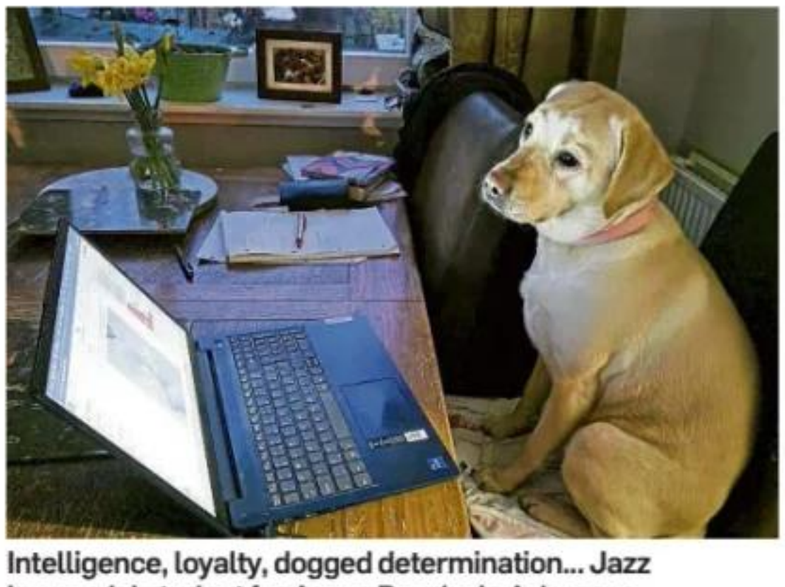
Sweetest girl Honey is a ray of gorgeous golden sunshine in Aberdeen for Alison Cameron.

Well, this takes the biscuit! Woolly wonderkid Jammy Dodger is anything but sheepish in Inverkeilor for Carol Holroyd.

Buzz is light years ahead for Leona and Ian Smith in Peterhead.

Cheeky foot-chaser Max flies high with Claudia Woods in Leuchars.

One pup in Kate Lorimer's photo in Insch might be a carefully sculpted ideal version of doghood, but we'll take the real life gorgeousness of Dougall, please!



Intelligence, loyalty, dogged determination... Jazz is a model student for Aaron Rourke in Aviemore.

Sun's out, tongues out! Rescue pug Chloe is lapping up her new luxury life with Jen McGowan in Kirkcaldy.

Tracy Irvine says Norrie likes to chew over the week's news in Inverness. We're honoured to be your snack, Norrie!

Your photos

If you would like to see your pet on these pages, please send your high-resolution (good-quality) photographs to **pets@dctmedia.co.uk** Please ensure you tell us your pet's name, your own name and address, and where the picture was taken. There may be a short delay before it appears. Photos must be hi-res to print. Each week, we will select a winning photograph and the lucky owner will receive a £50 Amazon gift card. At a time where costs are increasing, we'd like to make life a little easier for our readers. You can spend the voucher on essentials such as food and bedding, spoil your furry friend with a new toy, or even buy something nice for yourself!

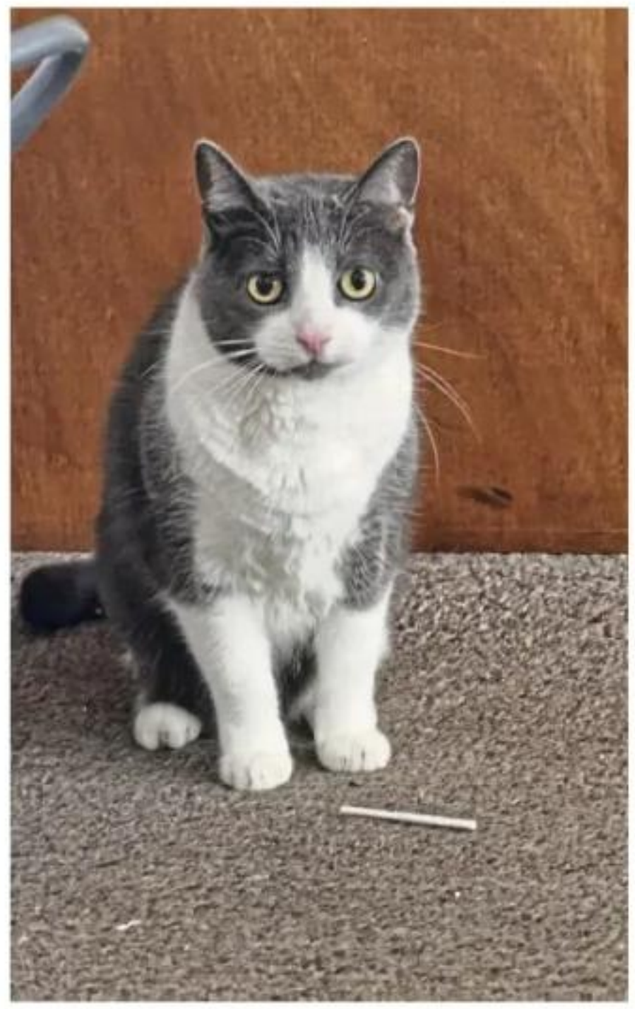
For more cute pets **scan here**

1st

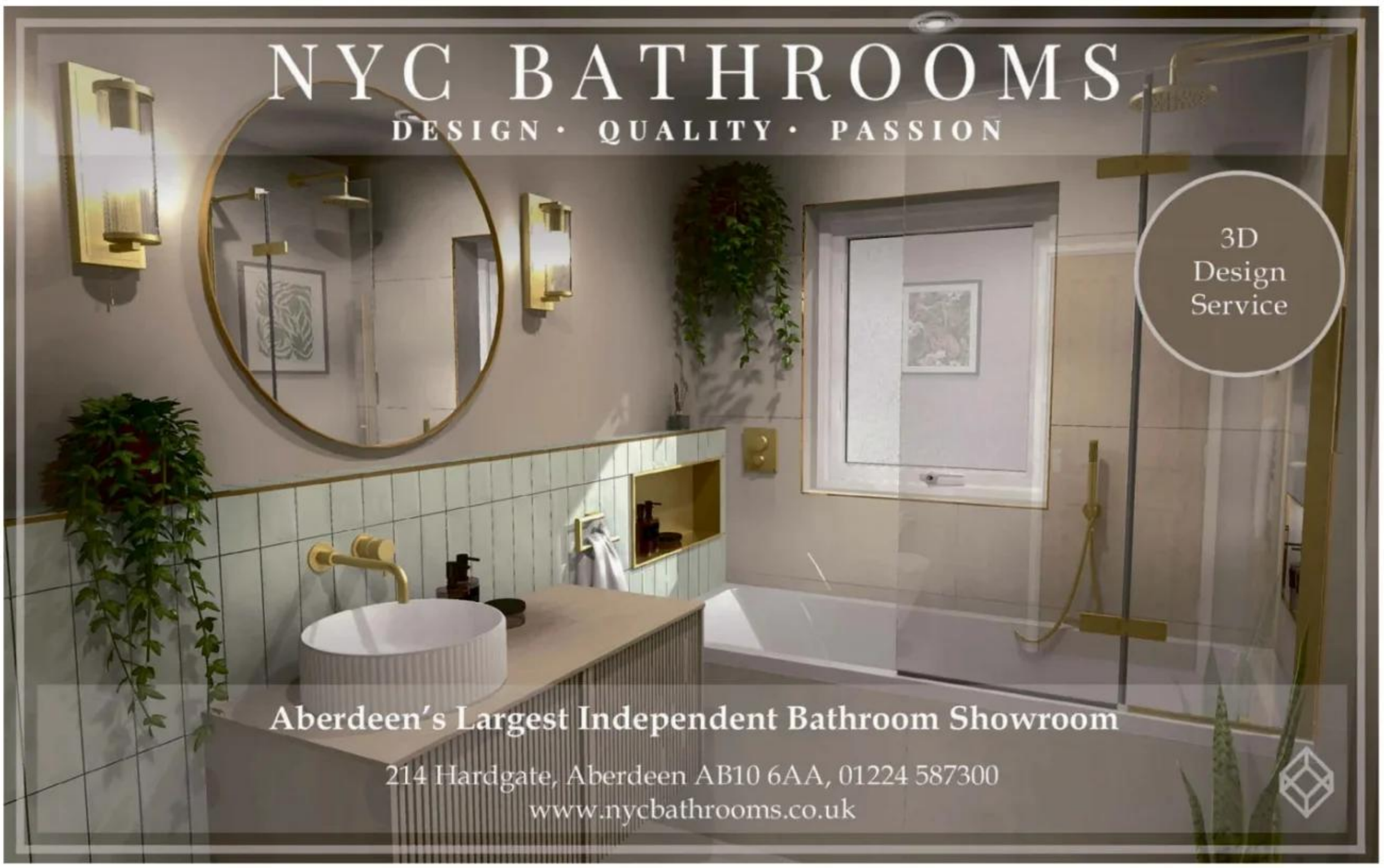
HAPPY FAMILY: What's black and white and read all over? It's mother and daughter delights Bella and Lola in your favourite magazine! The terrific twosome from Padanaram, near Forfar, are perfect for Paige Mitchell.

Pampered pup Kobe blisses out with Donna Mackinnon in Inverness.

Angus has a tasty plan to beat the Carnoustie heat with Lesley Smith.



If Claire Dear in Dundee doesn't throw the lolly stick for Phoenix to play catch with soon, we will!



YVIE BURNETT

The mezzo-soprano from Methlick and vocal coach to the stars

Chill time recharges batteries, but kids miss TV games energy

Another day, another hospital. This time I'm with Gordon, who is having his chemo.

I'm thinking about all of you who are going through treatment or with your family members who are.

It must be the worst news to get, that there are no more treatment options available, and so I always feel grateful that Gordon is being given treatments that can help him.

Being in hospital though does make you acutely aware of why you are there, and even Gordon, who just deals with everything thrown at him, seems a bit anxious today.

Hence my thoughts being with all of the thousands of people who are in the same boat this week.

Speaking loosely about boats, that brings me to having spent a few days up in the north-east and watching some little boats sail into the sunset.

I'm not a fan of boats as I haven't got very good sea legs.

I get queasy at the thought of it.

However, it looks like such a wonderful hobby to have, just spending time out at sea – if you don't mind the constant bobbing about.

We watched a beautiful sunset off the coast of Banff the other day, which is something we love to do in different places. Wherever you are in the world, you can watch the same sun setting, and we always find that fascinating.

As we live in Bedford, one of the most landlocked places in the UK, it's so lovely for us to see the sea for a while.

Gordon needed to recharge his batteries a little bit before his treatment, and somehow seeing the sea does just that.

Of course, our other obsession, wherever in the world we are, is spotting cute cats.

I managed to find a very gorgeous Scottish-looking fluffy ginger one in Banff who came over for a cuddle.

Thank you for all the messages asking how our cats are doing. They both seem fine right now, enjoying their garden in the sunshine.

Those of you with dogs have been sharing your stories of even higher vet costs.

And I was given an insight into the costs of veterinary care in the farming community, which made me appreciate that we only have two small cats.

PEACEFUL SETTING: A coastal sunset and a friendly cat offer quiet moments in Banff.

Yvie and her son Ollie at the 2014 Commonwealth Games.

The farming community were out in force last weekend for the "Turra Show".

We didn't go to the show, but we did have a drive round the night before to see all the things being set up.

It's incredible that this huge event takes place in the small community of Turriff and that it began in 1864.

Some of the attendees will have been coming for their whole life.

Of course, the other major event in Scotland has been the Commonwealth Games, which sadly wasn't available to watch on the BBC – only highlights on Channel 5.

The main live viewing was only on HBO Max/TNT, which is a pay per view channel.

Prince Edward, in his closing speech, talked of how the games had hopefully inspired future generations.

I found it sad to think that fewer young people will have been able to switch on the telly and view the footage.

Sporting events like this are so inspiring. Prince Edward is right, but kids need to be able to get hooked on it by watching as much of it as possible.

Not every child will grow up to be a footballer. It's so important that children see a wide variety of sporting heroes for them to look up to. It was wonderful for all the people who were able to attend and watch all the events up close.

Ollie and I were lucky enough to attend the closing ceremony the last time Glasgow hosted in 2014, and we still have wonderful memories of the day.

It's mid-afternoon slump time on the chemo ward and I popped out to the shops to get snacks.

It's 33C here in Cambridge, and although the ward is air conditioned, the nurses have been on their feet since early.

So what are your go-to snacks?

I decided to get some Mr Kipling French Fancies, which seemed to go down a treat. The pink ones are definitely the nicest.

What else is a firm favourite in your house? A Tunnock's Teacake is hard to beat.

When I was in the shop, I saw a Battenberg cake, which used to be considered quite a posh thing to put out for visitors when I was a child.

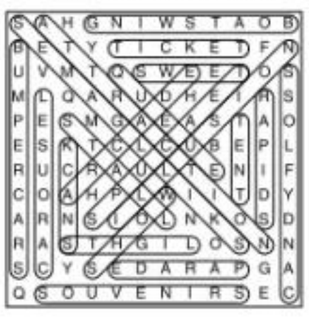
Let me know if there are any classic ones I have forgotten.

Have a good week,

Yvie x

PUZZLE SOLUTIONS

JUNIOR WORDSEARCH



JUNIOR SUDOKU

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ARROWORD

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SKELETON

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SEKUTA

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897

SAKURO

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976
153

KILLER SUDOKU

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KAKURO

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18th August 2026

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Join us for lunch & a Widex Allure AI trial

At **Bryce Hearing Services**, we believe hearing care should be personal. As an independent, family-run clinic with over 30 years of experience, we're committed to providing expert, personalised advice, the latest hearing technology, and exceptional aftercare. With a trusted local team by your side, you can be confident you're receiving hearing care that's tailored to you.

You're invited to our first ever Lunch & Learn!

On the day, you'll have the chance to:

- Try the latest **Widex Allure AI** hearing aids in a real-world environment for free and experience speech clarity in background noise
- Learn about the newest features and connectivity options
- Ask questions in a relaxed, informal setting

We would love to see you there and help you experience the difference for yourself.

Why try Widex Allure AI?

We are pleased to introduce the new **Widex Allure AI RIC R D**

Widex's latest hearing technology, designed to deliver clearer speech understanding in challenging environments such as cafés, restaurants, and group conversations, while maintaining a natural listening experience. Rather than demonstrating the hearing aids in a quiet clinic room, we wanted to create an opportunity for you to try them in a more realistic everyday setting.

Bryce HEARING SERVICES

Places will be limited. To book your slot for Tuesday 18th August, please call 01224 647652.

The Herald

FOOD & DRINK

SATURDAY, AUGUST 8, 2026

Why the Rustic Grill is a family favourite

We look into the past for cheap fish suppers

Over the sea for an island feast

Chefs put Skye on the food map

I was not aware that tasty curries could be big in Japan

I absolutely adore a curry. It is most definitely my go-to favourite meal, whether as a dining out option, takeaway or cooking at home.

It was undoubtedly one of the best things that came out of the Covid-19 lockdown six years ago – yes, six years! – for me. I got reasonably competent at cooking my own.

Recently, I made a fantastic discovery – Japanese curries. Not completely dissimilar to Chinese in appearance and texture, the Japanese curry offers a completely different experience, in my honest opinion. They are full of deep flavours, a little sweet, and lovely and thick, as well as being fairly mild – which doesn't bother me, despite being a hot curry man.

They are easy to make by popping into your local Asian supermarket where you can buy pre-made blocks of the amazing sauce. Add what you wish and elevate the flavour with some MSG – I'm sure you will love it. Happy reading!

Brian Stormont
THE P&J FOOD & DRINK EDITOR
@brian_stormont

Brian Stormont's love of food comes from his mum and late gran, both phenomenal in the kitchen. A keen amateur cook, he loves to experiment with food. His favourite dishes are anything that is produced using the best Scottish produce, particularly the country's amazing seafood. A malt whisky lover, Brian also enjoys red wine and craft beer.

Contents

4 Try Clare Coghill's recipe for langoustine and whisky bisque

6 £31.95 mixed grill put to the test at The Rustic Grill in Turriff, below

8 We look back on food prices in 2000 – £2.60 for a fish supper anyone?

12 Does Estabulo on Union Street live up to expectations?

Cover: Langoustine and whisky bisque, page 4. Picture by Angus Blackburn.

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jenny.macneil@dcthomson.co.uk

Karla Sinclair | FOOD & DRINK WRITER

Karla Sinclair, from Turriff, has been a food and drink writer at The Press And Journal since May 2021. When she's not writing about or researching businesses in the industry in her day-to-day life, you'll likely spy her with a cocktail in hand at her local – or thinking of potential food and drink stories to get her teeth stuck into.

NEWS BITES

Staff in the busy shop at Newton Dee. Below, scone treats.

Karla Sinclair rounds up the latest news, releases and events locally and farther afield

After years of planning, fundraising and construction, Newton Dee recently opened the doors to a new £2 million purpose-built bakery and confectionery.

Before even stepping inside the new building, the difference from the old facility is immediately clear. Long-term co-worker Jacob "Jake" Vollrath gestures towards the modern workspace, explaining why replacing the old bakery, rather than refurbishing it, became essential.

"Our old bakery and confectionery had been there for a long time," he said. "The building was very old, quite tired.

"Due to higher standards and how you manage hygiene, it would have needed a massive refurbishment. It would have ended up closing for a year while we carried out the necessary work to get it up to standard. It made a lot more sense to build something new for a lot of reasons."

The new bakery and confectionery has been built opposite Newton Dee's cafe and shop, bringing the community's customer-facing businesses together in one location.

The bakery is overseen by Elena Mihaiescu, while Elaine O'Carroll leads the confectionery operation, producing a range of breads, cakes, pastries and sweet treats sold on site.

ODYSSEY SECRETS REVEALED

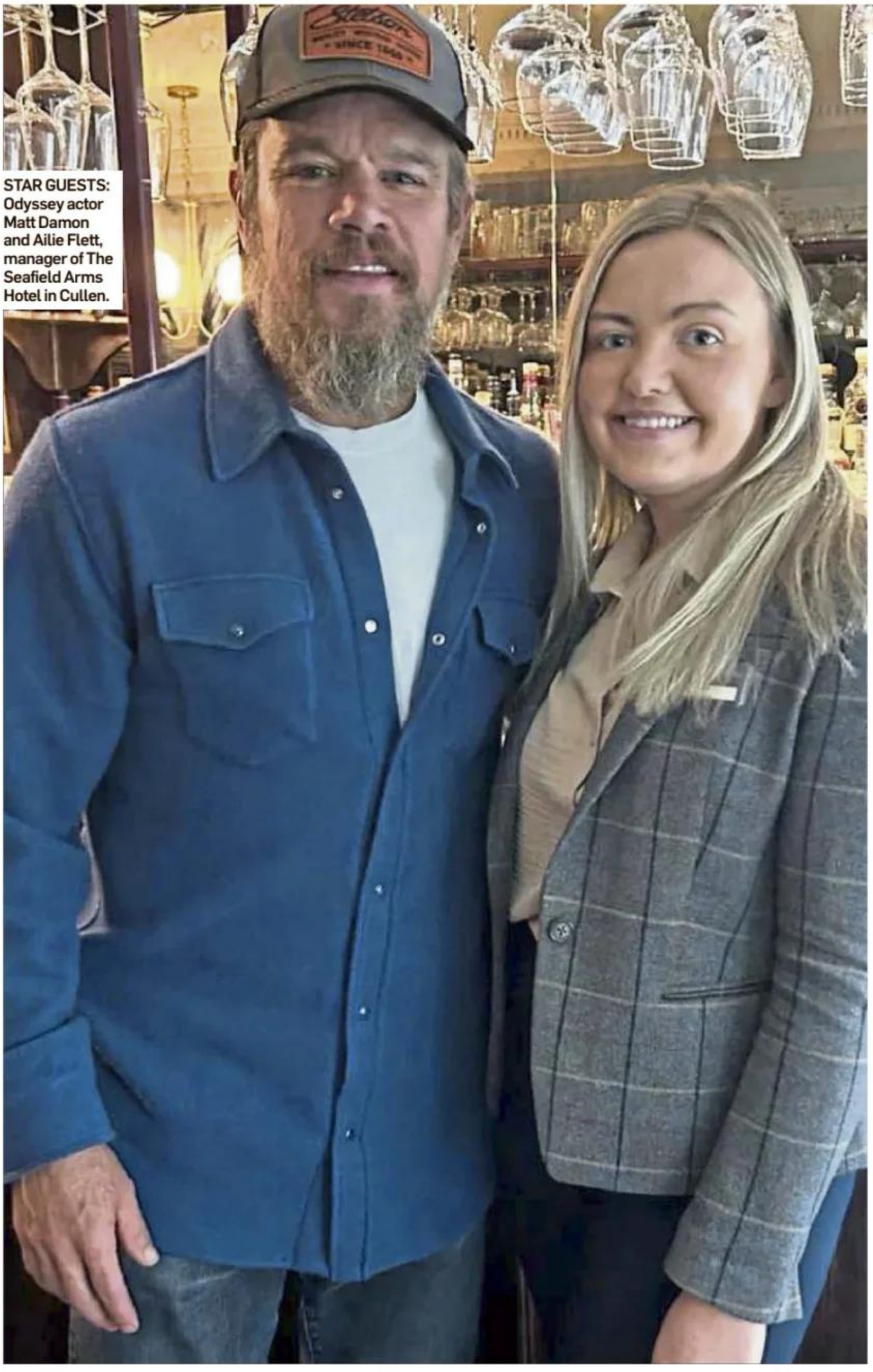
Cullen's Seafield Arms Hotel has revealed fresh behind-the-scenes secrets about the Christopher Nolan blockbuster The Odyssey.

The film, starring Matt Damon, follows the ancient Greek tale of King Odysseus and his long journey home after the Trojan War. Last summer, the hotel was the exclusive base for the cast and crew during filming in the area, which was certainly a treat for movie buffs in Scotland.

The Cullen business said it can now reveal a "few of the secrets" from their time at the hotel. They wrote: "Now that the film is out, we can finally let you in on a few of the secrets from its time at The Seafield Arms Hotel.

"Many of you will recognise the stunning Sunnyside Beach in Cullen and the dramatic Findlater Castle, both of which feature in the film and showcase just how spectacular our

When blockbuster star and crew came to Cullen



STAR GUESTS: Odyssey actor Matt Damon and Ailie Flett, manager of The Seafield Arms Hotel in Cullen.

Snappy Pizza has closed for the last time after 30 years.

corner of Scotland really is. For the summer, The Seafield Arms Hotel became home to the cast and crew.

"The entire hotel was exclusively occupied, creating an atmosphere unlike anything we've ever experienced."

SNAPPY PIZZA CLOSES TAKEAWAY

Snappy Tomato Pizza has closed its "long established" Aberdeen store after three decades.

The US pizza chain, best known for its Chicago-style square pan, has shut its Huntly Street takeaway for good after the firm terminated its contract with the current franchise operator.

Known for its loyal customers – claimed to be "thousands" in the north-east – Snappy Tomato Pizza is looking to reopen elsewhere in the city.

In a post online, they said: "We are looking for an ambitious franchise partner to convert their independent store to Snappy Tomato Pizza in Aberdeen." They added: "You can build on our recognised brand to build a thriving business with our proven, low-cost franchise model."

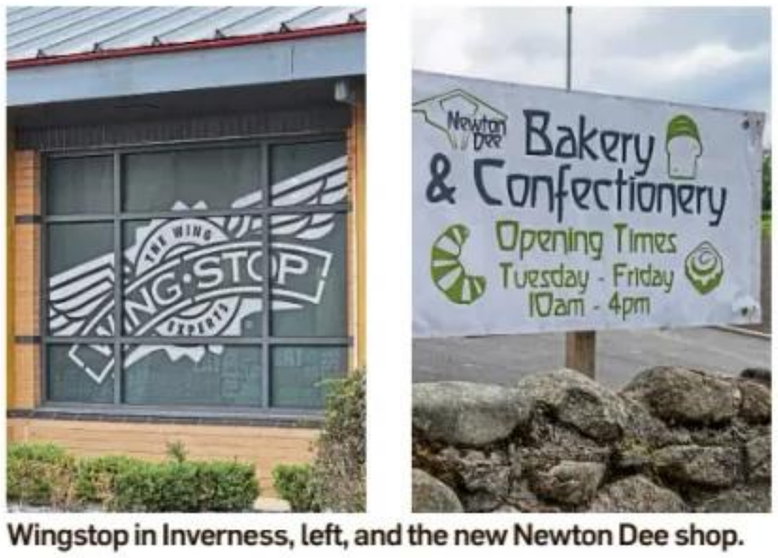
WINGSTOP OPENING DATE REVEALED

The countdown is officially on for Wingstop's arrival in Inverness, with the opening date finally revealed.

The hugely popular American chicken chain has confirmed it will open its first Inverness restaurant on Tuesday. The opening brings one of the UK's fastest-growing fast food brands to the city. The new restaurant will open in the former Pizza Hut unit at Inverness Shopping Park in Eastfield Way. It has undergone a £250,000 refurbishment.

With excitement building among fans, the opening is expected to draw crowds eager to get their first taste, without travelling to Aberdeen or the Central Belt.

And if the chain's Aberdeen launch is anything to go by, customers may want to arrive early. Hundreds queued outside when Wingstop opened in the Granite City.



Wingstop in Inverness, left, and the new Newton Dee shop.

COLUMNIST

Picking the perfect ingredients – langoustine don't get much fresher than this.

Pioneer pair behind Skye's classy cuisine

Clare Coghill pays tribute to two female trailblazers, who led the way in putting the small island's food scene on the map

Since returning home to Skye to become a chef and restaurateur, I've lost count of the number of customers who have asked me what makes the island's food scene so special.

It's a fair question. For a small island, Skye punches remarkably far above its weight when it comes to culinary clout.

Not so long ago, it had more Michelin stars than Manchester and Liverpool combined. Quite the achievement when you consider the difference in population.

We have fine dining institutions like The Three Chimneys up in Colbost, and contemporary taster menus by local friends Calum Montgomery and Calum Munro. We even have some of the best coffee shops in the UK, with Birch in Portree being listed number 50 in the World's 100 Best Coffee Shops.

But who do we have to thank for all of this? When did Skye become such a culinary hotspot?

Some might argue that Skye's foodie reputation begins with its world-class produce, and they're not wrong. Our shellfish is some of the finest in the world, with crab, langoustines and scallops from waters around the island served in the best restaurants across Europe.

But produce aside, visitors may not be aware of two culinary pioneers that showcased our island produce in a way no one had done before. Lady Claire Macdonald and Shirley Spear are, in my opinion, responsible for putting Skye's food scene firmly on the map today.

Lady Claire Macdonald, a former Food & Drink columnist, first opened the doors of Kinloch Lodge in 1972 when she and her husband, Godfrey, renovated the former hunting lodge into a hotel.

Kinloch Lodge soon became famous within the Scottish hospitality scene, and Claire went on to publish more than 20 cookbooks and gained a Michelin star with head chef Marcello Tully in 2010.

I had my first ever taster menu at Kinloch Lodge with my mum, Catriona, and I will never forget having my eyes opened to the possibilities of what can be achieved with local produce.

Kinloch, on the Sleat peninsula on the south of Skye, has been responsible for nurturing young local chef talent in their cooking craft throughout the years.

It's still thriving today as a family-run business, with Claire's daughter Isabella at the helm – another fantastic female hospitality leader on the island.

Shirley Spear first opened the doors of The Three Chimneys in Colbost in 1985 with her husband, Eddie. Despite having no formal culinary training, Shirley went on to establish one of Scotland's most acclaimed restaurants, showcasing Skye's produce through seasonal cooking and refined takes on traditional recipes.

This wee restaurant in a remote corner of the island became an institution, and later gained the island's second Michelin star, helping to place Skye firmly on the global food map. I was over the moon

> **Two pioneers that showcased our island produce in a way no one had done before**

FULL OF FLAVOUR: Cafe Cuil continues the tradition of putting local produce like langoustine to the fore.

when Shirley came along to my cookbook signing last year, giving me the chance to meet her properly and thank her for helping pave the way.

Looking at my own style of cooking at Cafe Cuil, I feel heavily influenced by the ethos of both of these women towards food. Keeping seasonality and local ingredients at the fore, leading the team from the kitchen and setting our standards as high as possible.

Looking ahead, my goal is to keep their legacy alive through my style of cooking on Skye, pushing the boundaries of creativity and discovering new and exciting ways to utilise our island's produce.

I, for one, am incredibly grateful to have had two female food pioneers show me how it's done here on Skye, and hopefully I will continue to do them proud.

Langoustine and whisky bisque

(SERVES 8)

INGREDIENTS

- 12-14 langoustine heads and shells
- Olive oil
- 1 tbsp fennel seeds
- 2 bay leaves
- 1 large brown onion, roughly chopped
- 4 cloves garlic, roughly crushed
- 2 stalks celery, roughly chopped
- 1 carrot, unpeeled and roughly chopped
- Handful of fresh thyme
- 2 tbsp tomato puree
- 200ml white wine
- 100ml Isle of Raasay whisky
- 1.5l water
- 30g salted butter
- 40g plain flour
- 100ml double cream
- 1 tsp white ground pepper
- 1 tbsp sea salt
- 1 tsp paprika

METHOD

1. Preheat the oven to 220C/200 Fan/430F/Gas Mark 7. Put the langoustine shells in an oven tray and roast for 15 minutes until the shells start to darken in colour and become crispy.
2. Meanwhile, in a thick-based soup pot, add a few glugs of olive oil and begin to sweat off your fennel seeds, bay leaf, onions, garlic, celery and carrot. These veggies will be removed at the end so they don't need to be perfectly diced or too small!
3. Once the veggies have been sweating off for a few minutes and are soft and sizzling, add in the tomato puree and roasted langoustine shells.
4. Mix together thoroughly so all of the ingredients are combined, and crush the shells down with your wooden spoon as you go, releasing extra flavour.
5. Once mixed, pour in white wine and whisky, allow the alcohol to boil and evaporate for a few minutes before pouring in water and submerging the ingredients to create a nice stock pot. Half-cover the pot with a lid and allow the stock to simmer for 25 to 30 minutes on a gentle heat.
6. Drain the stock pot with a sieve, catching the liquid in a bowl and discarding the veggies and shells. You can pass the liquid through the sieve for a second time just to make sure the stock is totally smooth and free of grainy bits.
7. In a separate deep saucepan, create a roux by melting the butter, then add the plain flour on top of it. Mix them together with a wooden spoon until you reach a dry, dough ball consistency.
8. Bit by bit, pour the langoustine stock in with the roux (ball of dough) a cupful at a time. You want to continuously mix the roux so it creates a non-lumpy, silky texture. Take your time doing this and be sure to do it on a gentle heat so the floury sauce doesn't stick to the bottom.
9. Keep feeding the roux mixture until you have used up all of the stock and you have reached a silky smooth texture.
10. Allow the soup to simmer gently on the hob, before removing from the heat and pouring in the double cream along with some white pepper, sea salt and paprika.

TOP QUALITY: The mixed grill was an absolute feast, as was the inventive Twix bread and butter pudding, left. Pictures by Kami Thomson.

Inventive, generous, and very impressive

By Karla Sinclair
Food & Drink Writer

Some restaurants become more than just somewhere to eat. They're where birthdays are celebrated, anniversaries are toasted and long-overdue catch-ups finally happen.

Over time, they become woven into some of your life's biggest moments. The Rustic Grill is one of those places for me.

My last visit was for my brother's 21st birthday. At the time, my wee niece was only a few months old. She's now Notwo and a half.

Returning after a break gives you the chance to see a restaurant with fresh eyes. This time there was no birthday or anniversary. It was simply dinner on an ordinary evening.

And, in many ways, I think that's the true test of a local restaurant. Can it deliver just as well on a random weeknight as it does for big occasions?

THE RUSTIC GRILL

Walking back through the doors, I was pleased to find very little had changed.

The restaurant still strikes a balance between modern and, true to its name, very rustic.

Fairy lights drape across the ceiling, while exposed wooden beams, greenery and framed photographs of landscapes and animals give the space a warm, homely feel.

Josh and I were shown to our booth in the restaurant's so-called "naughty corner". I'd recommend booking in advance, as tables fill up quickly.

The Rustic Grill was just days away from launching a new menu. To ensure this review reflected what's currently available, we ordered dishes that will remain on the menu.

THE FOOD

The staff were attentive from the moment we arrived, allowing us a few minutes to settle in before taking our drinks order.

Once my non-alcoholic Prosecco (£6.50) and Josh's Diet Coke (£3) arrived, we took our time reading the menu.

Then something caught my eye. Did I really just read "Cullen skink baked cheesecake" (£8.95)? I wasted no time claiming it before Josh had the chance.

We both had plenty of questions about how it would work, but I was too intrigued not to order it.

Josh opted for the Coca-Cola BBQ beef tacos (£10.95).

With our order in, we enjoyed a catch-up while waiting for the starters to arrive.

Josh's plate featured two soft mini tacos filled with slow-braised Coca-Cola BBQ beef. The meat was beautifully tender, complemented by crisp lettuce, fresh pepper and tomato salsa, and cooling chive sour cream. A fruity puree added a subtle sweetness.

My cheesecake wedge was generous. Sitting on a savoury, bread-like base, the creamy smoked haddock topping was finished with microgreens.

I'll admit I was sceptical, but it completely won me over.

Served cold, it was packed with smoked haddock and captured all the flavours of Cullen skink in a completely different form. It was one of the most memorable starters I've eaten in a long time.

Our rustic mixed grill (£31.95) and rustic chicken burger (£12.95) soon arrived. The mixed grill was a feast,

> **It was packed with smoked haddock and captured the flavours of Cullen skink in a different form**

THE RUSTIC GRILL

13 Balmellie Street, Turriff, AB53 4DW
01888 567187
therusticgrillturriff.co.uk

Price: £101.70 for two starters, two mains, three sides, three soft drinks and one dessert

Disabled access: Yes

Dog-friendly: Assistance dogs only

featuring a 170g sirloin steak, gammon, two chicken tenders, BBQ pulled pork, an Irn-Bru-infused jumbo pork sausage (now replaced with a venison and red wine sausage on the new menu), a fried egg, onion rings and rustic fries. Diners can opt for skinny fries instead.

We also ordered a side of peppercorn sauce (£3.50).

The steak, cooked medium-rare, was the standout – packed with flavour and cooked exactly as requested. That said, every element on the plate brought something different to the mix.

My chicken burger featured a huge battered chicken breast that was crisp and golden on the outside, yet juicy in the middle. It sat inside a sweet brioche bun with lettuce, tomato and onion.

A side of rustic fries (£4) complemented the dish. Crispy on the outside and fluffy in the middle, they're among the best chips I've had locally.

We also shared a portion of monkfish bites (£7.95), which turned out to be one of the highlights of the meal.

The light, crunchy batter carried notes of herbs, citrus and pepper, while the monkfish itself was delicate, flaky and practically melted in the mouth.

We'd been so impressed that we couldn't leave without something sweet.

Tempted by everything from the raspberry and pistachio cheesecake to the sundae, we eventually settled on the Twix bread and butter pudding (£8.85) served with vanilla ice cream.

At first glance, it looked more like a rich chocolate brownie. Cutting into it revealed a soft, doughy centre laced with gooey caramel and packed with deep chocolate flavour.

Finished with chocolate sauce, milk chocolate buttons and crunchy biscuit pieces, every mouthful delivered a different texture.

The ice cream was the perfect accompaniment.

THE VERDICT

The Rustic Grill reminded me exactly why it has become such a big part of so many memories over the years.

From inventive and generous portions to consistently strong cooking, every course impressed.

Combined with the warm atmosphere and excellent service, it's easy to see why the restaurant remains so popular.

Whether you're celebrating a special occasion or simply fancy a great meal out, it's well worth trying – and revisiting.

FOOD: ★★★★★
SERVICE: ★★★★★
SURROUNDINGS: ★★★★★

Right, from top, Karla couldn't resist the intriguing starter of Cullen skink baked cheesecake, swiftly followed by a rustic chicken burger with fries. Below, the interior of the restaurant.

Mythri Fine Indian Cuisine is on the menu at the Parkway Inn in Bridge of Don.

Counting the cost of interest on eating out

With food prices constantly on the rise, **Karla Sinclair** takes a look back at what was on offer to local diners 26 years ago

Remember the good old days when a satisfying fish supper cost just a few pounds and a delicious three-course meal could be enjoyed for less than a tenner?

A look back through Evening Express adverts from early 2000 offers a nostalgic snapshot of Aberdeen's food scene – revealing just how much menu prices have changed over the past 26 years.

The adverts showcase bargains that seem hard to imagine today, including a £2.60 OAP's fish supper, a £2.95 full Scottish breakfast and a three-course evening menu from £8.65.

Of course, prices for almost everything have risen across the board over the past few decades, with hospitality businesses facing increasing costs for ingredients, wages and energy, among other pressures.

But many of these venues have also evolved over the years, adapting their menus, expanding their offerings and continuing to look for ways to offer some real value for customers...

BACK HILTON FISH BAR

Back Hilton Fish Bar first opened as Hilton Chip Shop.

It served an OAP's fish supper costing £2.60 in 2000, while a standard fish supper was priced at £3.30.

A scampi supper cost £3.90, while skate and turbot suppers were available for £3.40 and £3.70.

Today, a medium haddock supper is listed at £12.50 on Just Eat, while a scampi supper costs £11.50 and an OAP's fish supper is £8.50.

Prices quoted are from the chipper's Just Eat menu and may differ from in-store prices.

- 85 Back Hilton Road, Aberdeen, AB25 3SX.

THE PARKWAY INN

Back in 2000, The Parkway Inn was offering a full weekend breakfast for just £2.95, while a buffet lunch featuring a choice of four homemade main courses cost £3.99.

The venue's current offering includes a cafe and Mythri Fine Indian Cuisine, while its website also advertises promotions including two fish and chips for £20.

- Balgownie Road, Bridge of Don, Aberdeen, AB22 8LX.

INN AT THE PARK HOTEL

In 2000, Inn at the Park was advertising an express lunch of soup and a filled baguette for £3.95, a two-course lunch special for £6.50 and a traditional weekend high tea for the same price.

The hotel continues to serve food,

A HEARTY MEAL: Haddock and chips at The Ashvale in Great Western Road in Aberdeen.

though direct like-for-like price comparisons were not available.

● 3-4 Deemount Terrace, Aberdeen, AB11 7RX.

THE ASHVALE

The Ashvale advertised an "After Seven" three-course menu from just £8.65, with prawn cocktail, jumbo haddock and banana split costing £9.95.

Diners could also tuck into smoked salmon, a 10oz sirloin steak and sticky toffee pudding for £13.95, while a voucher offered two takeaway haddock suppers for £6. The promotion was valid at all Ashvale branches operating at the time.

A standard haddock now costs £16.45 while desserts such as sticky toffee pudding and banana split are priced at £6.95.

The business continues to offer meal deals, including its £12.95 "lunchtime flyer". This includes a small haddock, chips and a tea or coffee.

● 42-48 Great Western Road, Aberdeen, AB10 6PY; 51-53 Market Place, Inverurie, AB51 3PY; 11 Moss Street, Elgin, IV30 1LU. The Ashvale also has a branch at 4 Watson Street, Banchory, although it is temporarily closed after a fire.

MAINS OF SCOTSTOWN

In February 2000, Mains of Scotstown advertised its popular Sunday carvery at £5.95 for one course or £6.95 for two courses.

According to the business's website, two courses are now priced at £20 and three courses at £24.

Roast mains start at £14 for the roast of the week or vegetarian option, while roast sirloin of beef costs £15.

The venue continues to run regular promotions throughout the week, including Fish Fridays for two at £20 and steak and wine night for two at £30.

● 1 Jesmond Square, Bridge of Don, Aberdeen, AB22 8WT.

THE STEAD INN

The Stead Inn in Potterton offered pensioners 20% off the main menu and children's dishes from just £1.

The restaurant has since evolved into Shish-In-Stead, serving Asian, Indian and North Indian cuisine, with a children's menu priced at £6.95.

Young diners can choose from dishes including chicken korma, chicken tikka masala, chicken nuggets or scampi, all served with a Fruit Shoot.

● Manse Road, Potterton, Aberdeen, AB23 8RB.

inn at the park

EXPRESS LUNCH
Soup & a choice of filled Baguette £3.95

2 COURSE SPECIAL LUNCH
A choice of 3 Starters & 3 Main Course Lunch £6.50

HIGH TEAS
Saturday -Sunday Traditional High Tea
served 5 p.m.-6.30 p.m. £6.50

SUNDAY CARVERY
2 COURSE SPECIAL LUNCH £6.50

Also we offer a new Salad Table with a selection of Homecooked meats and various tempting salad bowls.

Our extensive Menu has been chosen to suit all tastes, and our friendly atmosphere and staff will be very pleased to welcome you. We also offer a pre-booked Menu which may suit large parties who are in a hurry.

3-4 Deemount Terrace, Aberdeen
Tel: (01224) 583699 Fax: (01224) 213237

If you are a lover of fish...
It's OUR speciality
Savour over our
"Cooked-to-Order"

OAP's Fish Suppers £2.60
Standard Fish Supper £3.30
Skate Supper £3.40
Turbot Supper £3.70
Scampi Supper (12-15 Pieces approx £3.90

Don't drive by - Stop and try...
DAILY LUNCHTIME SPECIALS
OPEN LUNCH TIMES
FROM 11.30

Hilton Chip Shop
85 Back Hilton Road, Aberdeen
Tel. 01224 276988

INTERVIEW

Delight over response to farm shop and cafe

Simon and Hollie Hay tell **Karla Sinclair** about their latest venture – and their surprise at its immediate popularity

A quiet opening of their farm shop and cafe to help staff find their feet was all Simon and Hollie Hay planned. An overflowing car park, packed tables and queues of customers were an unexpected – but welcome – bonus.

After opening Buckie Farm in Newmachar to friends and family on Friday June 19, one Facebook post the following evening changed everything.

By Sunday, customers from across the north-east were flocking to the couple's newest venture – a business built on years of farming, hard work and passion for quality produce.

"It went from trying to find our feet to... wow!" says Simon. "Every seat was full. Folk were queuing to get in. I honestly couldn't believe it."

For Simon, farming has always been part of who he is. Although he grew up in Kincorth, much of his childhood was spent on his grandparents' farm, where he headed after school each day.

"We'd come home from school and go straight to the farm, so we hardly lived in Kincorth really. We slept there – that was about it," he says.

"We were brought up with it. When my grandparents passed away, we did up the house and moved up to the farm."

Hollie, meanwhile, grew up in Kingswells and admits rural life wasn't always part of the plan.

"Then he met me and I got him into a townhouse. It didn't last long," she laughs. "I'd done my city living and was ready to settle, and this was perfect."

FAMILY LIFE

Simon always dreamed of raising a family on a farm and, five years ago, that dream became a reality when Buckie Farm came on the market.

Today, the couple live there with their children, George, five, and Lottie, three, who have embraced country life just as enthusiastically as their parents.

"They can run around in their pyjamas in the morning. They've got hens, goats, dogs and cats, and are happy to muck in. It's just ideal for them," Hollie says.

The farm itself may not have been in an ideal state when they arrived, but to Simon, "it was perfect".

"It was rundown," he adds. "There was stuff lying everywhere. It was a project."

Over the years, they transformed it into a working farm complete with a "menagerie" of Belted Galloway cattle, Saddleback pigs, pygmy goats, hens, dogs and cats.

Selling their own grass-fed beef directly from the farm soon proved there was strong demand, with the first batch selling out within 24 hours.

"Our cows are completely grass-fed," says Hollie. "They're born on the farm, they're raised on the farm, and there's nothing else that goes into them. You can taste it in the meat. There is a difference."

The success of those meat packs planted the seed for something bigger.

The opportunity to buy the site where the farm shop and cafe now sits, just off the A947 between Newmachar and Dyce, came about "by chance".

"I saw somebody painting, so I came in past to speak to him," Simon explains.

"They were away to put it on the market. I said: 'Well, I ken somebody that might be interested – me!' We did the deal there and then, basically."

FARM SHOP

The building offered the perfect opportunity to bring the business closer to passing traffic without visitors having to travel up to the farm itself.

It was stripped back and rebuilt, with Hollie and Simon carrying out much of

BUY LOCAL: Simon and Hollie have made their farm's beef, and other local produce, more accessible with the new Buckie Farm shop, while the cafe has already proved a big hit. Pictures by Kenny Elrick.

the renovation themselves. The couple are quick to credit friends and family, and also praise architect John Wink Design and joiner Calum Jaffray for the role they played in transforming the building.

"We were just planning a little shop – half the size of this, no kitchen. But then it just grew arms and legs," Simon says.

POPULAR

Today, alongside the family's own beef, shelves are stocked with products from fellow north-east producers including Ingrams, Jamieson's Farm Shop, Newmachar Honey, Katie's Preserves and The Bread Guy, as well as a range of Scottish favourites.

"It's all about trying to keep it as local as we can," says Hollie. The popularity of Buckie Farm has surprised them.

Staff recruited for the opening included several youngsters starting their first jobs, who were thrown in at the deep end as customers poured through the doors.

With 28 seats inside and space for dozens more outside, the cafe has quickly become a popular stop.

Chef Matt leads the kitchen while front-of-house manager Erin keeps the cafe running smoothly. With demand continuing to grow, the couple are already recruiting a second chef. Simon says: "Matt makes everything with fresh, great local produce. It is all delicious."

Despite juggling the cafe and shop alongside the farm, Simon's Albyn Garage business and raising two young children, the couple wouldn't have it any other way.

"It's pretty full-on," Hollie smiles. "That's farming. You never get a day off. You do it because you love it."

Simon agrees. "It's a great way of living," he says. "It's a great way to bring the kids up."

- Buckie Farm is open daily. For more information, visit buckiefarm.co.uk

"It went from trying to find our feet to... wow! Every seat was full. Folk were queuing to get in. I couldn't believe it

QUALITY CUTS: Karla was very impressed with her visit to Estabulo's new home, where she put the rodizio dining experience to the test. Pictures by Kath Flannery.

More than three years after bringing Brazilian rodizio dining to Aberdeen, Estabulo recently entered a new chapter.

Swapping its former home in Union Square for the landmark building at 38 Union Street, the restaurant now occupies a much larger space designed to showcase its all-you-can-eat concept.

Following a two-month refurbishment, the venue features seating for around 150 diners, a generous bar area and two dining experiences under one roof.

The ground floor is home to Cafe de Brazil, serving an a la carte menu inspired by Cafe de Paris sauce with Brazilian influences woven throughout.

The upper floor is dedicated to Estabulo's signature rodizio experience, where skewered meats are carved directly at the table.

Curious to see what the revamped restaurant had to offer, I visited to put the rodizio experience – and two other dishes – to the test.

Before getting stuck into the rodizio experience, I wanted to see what Estabulo offered diners choosing from the a la carte menu.

SALMON FILLET CAFE DE BRAZIL

First up was the salmon fillet Cafe de Brazil (£19), served with skin-on fries, a mixed leaf salad and sliced grilled white baguette.

Presented on a wooden serving board, the portion was large and offered good value. The fries were crisp on the outside and fluffy on the inside.

Our server apologised that the salmon fillet was smaller than usual, explaining they're typically larger. It's worth noting, but the overall serving still felt generous.

The salmon was complemented by the Cafe de Brazil sauce, which was rich and buttery with a subtle citrus kick that balanced the flaky fish beautifully.

KARLA: 4/5

TRUFFLED MACARONI CHEESE

On the side, I ordered the truffled macaroni cheese (£4.50). The pasta was coated in a smooth, glossy cheese sauce, while the earthy truffle flavour took centre stage.

The cheese flavour was more restrained, allowing the truffle to dominate.

KARLA: 3.5/5

RODIZIO DINING

Rodizio dining is unlike a traditional restaurant experience. Rather than choosing one main course, diners enjoy a continuous selection of freshly-grilled meats, carved tableside by the passadors.

I visited for lunch on a Friday, priced at £26.95, which included seven meats and unlimited access to the salad bar.

The lunch offering rises to £29.95 on Saturdays and Sundays, while dinner is £39.95 from Sunday to Thursday and £42.95 on Fridays and Saturdays.

The concept is simple – turn the table card to green when you're ready for service to begin, signalling the passadors to start bringing meats directly to your table.

Discover more
Taste Tests
on our website

Taste test

Karla Sinclair

The rodizio menu sees a steady flow of meats being taken to your table to enjoy. Estabulo also offers a la carte options including salmon fillet, sides such as truffled macaroni cheese, and a well-stocked salad bar.

Turn it back to red whenever you'd like to pause. The steady flow of meats arriving tableside adds a real sense of occasion, making it a memorable way to dine.

MEATS AND SALAD BAR

The first meat to arrive was the chicken thigh, and it immediately set the bar high.

Juicy and tender, it had a lovely char from the grill, with the seasoning adding flavour. Cutting into it, the juices oozed out – a promising start.

The picanha steak followed. The cap of rump was beautifully soft, with a rich, beefy flavour and a texture that showed off the quality of the cut.

Next up was the plump linguica pork sausage, a Brazilian favourite. It brought something different to the table with its subtle smoky flavour.

But for me, the minted lamb was the highlight. The fresh mint worked brilliantly with the earthy richness of the meat.

The gammon offered another change of pace with its lightly cured flavour and salty kick, before the alcatra rump steak rounded things off. Served rare – just how I like it – it delivered a deeper, more intense beef flavour.

Each meat had its own character, but the quality never dipped throughout the experience.

The salad bar also deserves a mention, of course, offering everything from pasta salads and fresh fruit and vegetables to sauces and accompaniments.

KARLA: 5/5

GRILLED PINEAPPLE

One of the unexpected highlights of the rodizio experience was the abacaxi – grilled pineapple and cinnamon. The heat intensified the fruit's natural sweetness, while the cinnamon added a gentle warmth.

KARLA: 5/5

THE VERDICT

I left Estabulo seriously impressed. The rodizio experience is unlike anything I've tried, with consistently excellent meats, an extensive salad bar and friendly, attentive service making it feel like much more than a standard lunch. It was well worth the £26.95 price tag and is among the most enjoyable dining experiences I've had in recent months.

Roses sure to be a big

Lala V Cotes de Provence Rose 2024, France, £27, Hackstons

A new release worth seeking out, model and socialite Lady Eliza Spencer, Princess Diana's niece, is behind this luxe label which is said 'captures the spirit of the French Riviera through a wine that is refined, expressive, and unmistakably modern'. Produced in collaboration with Cotes de Provence winemaker Domaine Tropez, it's delicately aromatic with hints of citrus, peach, and apricot fruit which continues on the palate, with balanced structure, and lingering, crisp finish... harmonious and beautifully delicious. Available exclusively through high-end wine and spirits retailer, Hackstons.

Sam Wylie-Harris picks out some Provencal roses for sun-soaked parties

Glorious sunshine, azure-blue skies, and long, hazy days of summer... with a Mediterranean climate to mirror the south of France, chances are your romance with Provencal rose is in full bloom.

After all, nothing beats an ice bucket with the promise of a shimmering glass of a pukka pink to tantalise the tastebuds.

Especially if you have a thirst for the Riviera lifestyle and appreciate how these fashionable wines win hands-down for their consistent quality, elegance and "drink me now" appeal.

With their signature pale-pink hue, here's what's radiating happiness with value at every price point...

What's new

Islay's first rum distillery launches a superb single

Scotland's whisky isle has long been synonymous with complex, character-led spirits.

Now Islay's first rum distillery, The Islay Rum Distillery is capturing the island's pioneering spirit with its first single cask release, limited to 390 bottles worldwide.

Distilled on July 18 2022 during some of the distillery's earliest production runs, The Original Islay Rum Sherry Wood is crafted using sustainably sourced molasses and a signature long fermentation, before maturing in a carefully selected oloroso sherry cask.

The result is a rich and complex spirit bottled at 50% ABV, balancing the rum's vibrant fruit character with dried fruit, warming spice and sweetness from the cask alongside hints of coastal salinity.

Produced by The Islay Spirits Company at the restored 1959 Art Deco Old Lemonade Factory in Port Ellen, The Islay Rum Distillery is the first dedicated rum distillery on the island.

Inspired by Caribbean distillation techniques, its copper pot and twin retort still achieve a triple distillation effect in a single run, while Scotland's cool climate slows maturation compared to tropical rum regions.

Growing up on Islay, head distiller Ben Inglis, pictured left, developed an early fascination for distilling. While whisky surrounded him, it was rum that captured his imagination.

He was introduced to father-and-son Brian and Andrew Crook, owners of The Vintage Malt Whisky Company, and together with Brian's daughter Caroline James, they transformed the Old Lemonade Factory into The Islay Rum Distillery.

Ben said: "The Original Islay Rum Sherry Wood has been crafted from spirit distilled during some of our very first production runs and is our first single cask release, so it holds a particular significance for us.

"We knew the spirit had real

hit for summer

Waitrose No 1 Coteaux D'Aix en Provence Rose 2025, France, £12, (now until August 19, was £15), Waitrose

Award-winning Provence producer Maison Mirabeau are behind this own label, and one to buy with confidence. A rose which illustrates how a beguiling bouquet of red berries, white blossom and hints of yellow peach can lift the senses; displaying a core of pink grapefruit with flavourful stone fruits, hints of wild raspberries and crisp, mineral finish, it's a keeper.

Maison Giambagli 'Cote AIX' Organic Rose 2025, Coteaux d'Aix en Provence, France, £17, (£14 Mix Six), Majestic

An expressive style and plushly textured, there's something special about this rose with its slightly gastronomic character. With citrus and crushed berry aromas, there's plenty of juicy exotic fruit on the lengthy palate, enhanced by fresh acidity, fine minerality and refreshing finish.

Domaine Pontfract Cotes de Provence Rose 2025, Cotes de Provence France, £17.99, (£15.99 when you mix 12+), Laithwaites

What we really love about this strawberry-scented rose is its sheer drinkability, with the faintest hint of Provencal herbs lending regional typicity. With delectable flavours of ripe berries, hints of blossom, citrus, whisper of dried apricot, fresh acidity and crisp long finish, there's a certain je ne sais quoi to this wine... and it is delicately appetising.

Chassaux et Fils Sainte Victoire Rose 2024, Cotes de Provence, France, £8.99, Aldi

With its classy label and angel wings, Aldi's Whispering Angel dupe has some of the fragrant, fresh, summer strawberry appeal to rival the most popular rose in the world. This artfully made cheapie has just enough floral notes and vibrant red fruits with hints of nectarine and fresh acidity to make it incredibly drinkable. A real steal.

Ultimate Provence Rose 2025, Cotes de Provence, France, £18, (until August 19, was £22), Waitrose

Aptly named given its sheer drinkability, this ribbed-glass bottle stands out in the scenic landscape lined with ice buckets and parasols... and one for sun-kissed lunches. As poised as a ballerina, it's elegant with beautiful floral aromas; on the palate, it's fruit forward with succulent red fruits supported by juicy peach, fresh, citrussy acidity, with delicious depth and long, silky finish.

Breath of Paradise Rose 2025, Cotes de Provence, France, £19.99, (1.5L, magnum), Lidl

Another supermarket rose with a familiar look, Lidl have launched a magnum (equivalent to two bottles) version of its cult classic... and it's sure to be a runaway success. Utterly delicious and fantastic value, when it comes to designer dupes, this is a very authentic Provencal pink with expressive strawberry-scented nose with peach accents; good weight and structure and dry, crisp finish.

cask release

potential from early on, and maturation in this Oloroso sherry cask has... brought richness and depth, while letting the rum's own character come through."

Since launching in 2022, The Original Islay Rum has quickly gained international recognition with The Original Islay Rum Barrel Aged receiving a Double Gold at the San Francisco World Spirits Competition 2026 and The Original Islay Rum Overproof achieving Gold Outstanding at the International Wine & Spirit Competition 2026, both scoring 98 points.

● The expression is 50% ABV and is priced at £53 from islayrum.com

MALT MUSINGS

By Brian Stormont

The beating heart of Ardnamurchan

I have written often about my love for independent bottlers and what they do. I also love single cask whisky. So when one of your favourite bottlers has a single cask release from one of your favourite distilleries, you sit up and take notice.

The Heart Cut's 24th release – and only their third from a Scottish distillery – is from Ardnamurchan, a distillery whose liquid I really enjoy.

Ardnamurchan is nestled on Scotland's rugged west coast, and this latest release #24 from The Heart Cut is peated to 30PPM and fully matured in a Pedro Ximenez (PX) sherry cask. It marks just the third Scottish distillery collaboration within The Heart Cut's curated portfolio, and follows partnerships with other new wave producers Nc'nean and Lochlea.

"Ardnamurchan is part of a new wave of Scottish distilleries choosing flavour over yield," said Georgie Bell, co-founder of The Heart Cut.

"In its short life, it's built the kind of cult following most distilleries take decades to grow – known above all for an oiliness of texture that's highly sought after and adored. We've wanted to collaborate since we launched The Heart Cut so it's a big day to see it here and out in the world."

Now, cards on the table, this is a very good dram. It's a glass of medium peated joy.

On the nose, you immediately get a light whiff of fruity smoke. Fudge is present along with some bright citrus lemon notes and stoned fruits.

The palate delivers on flavour with delicious citrus fruit notes being followed by some of that lovely light smoke.

The whisky feels a little waxy in the mouth, which enhances the experience as you get some malt, salinity and chocolate.

A few drops of water accentuates the fruit and there is a lovely long finish.

This was my first time trying an independently bottled Ardnamurchan, having only sampled their core range and a couple of special distillery bottlings.

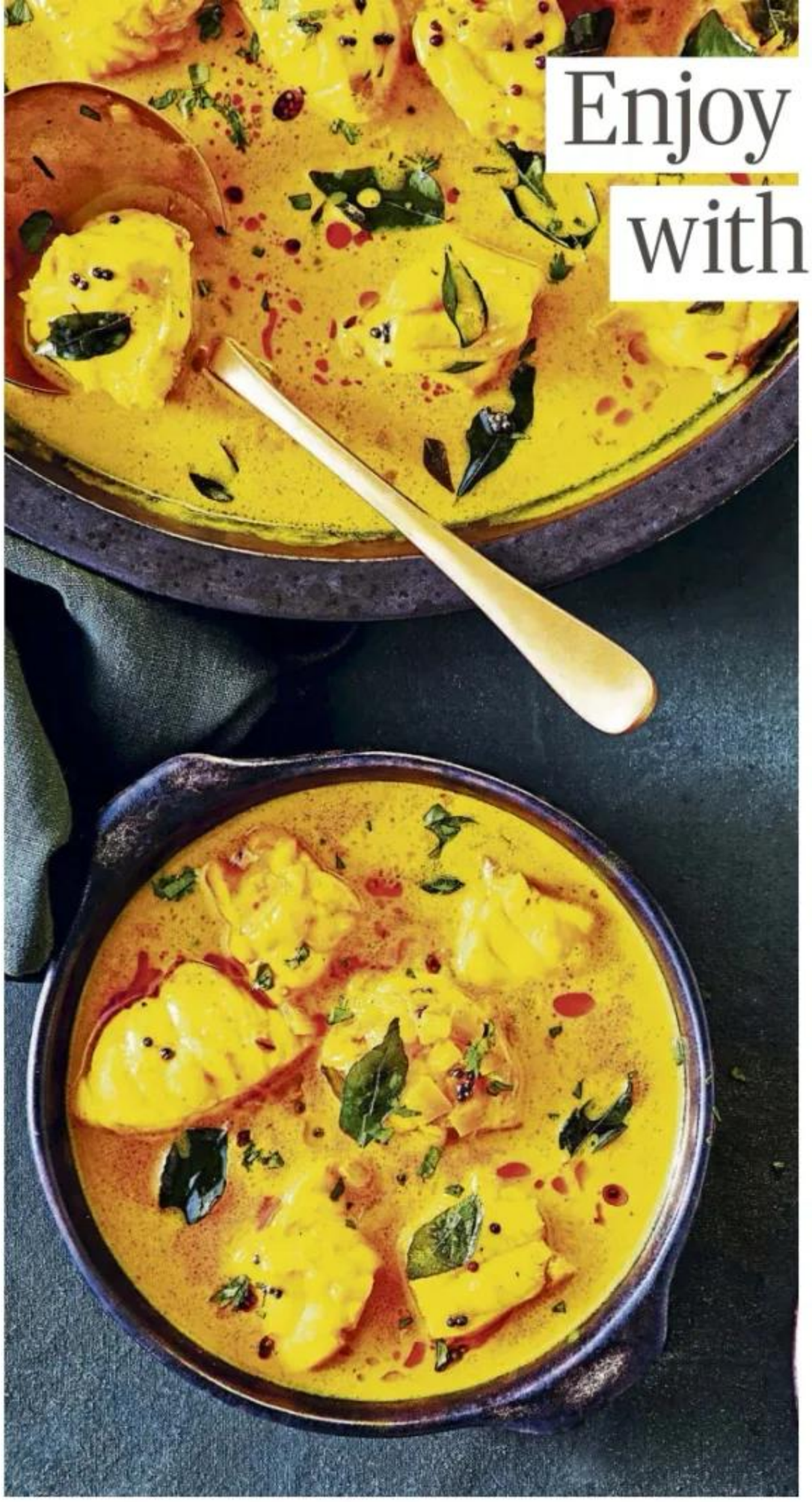
I am sure the distillery will be very pleased with what the team at The Heart Cut has done with this cask.

If you enjoy Ardnamurchan or medium peated drams then this is definitely one for you to try, but being a single cask it won't hang around for long, with only 543 bottles available.

Ardnamurchan Distillery was founded in 2014 by independent Scottish bottler Adelphi Distillery Ltd on the Ardnamurchan Peninsula - the most westerly point of the British mainland.

The distillery runs almost entirely on local renewables, including hydroelectric, solar and biomass power.

● Bottled #24 is available now at theheartcut.com and from selected whisky retailers such as The Whisky Exchange priced at £76 for 50cl.



Enjoy fragrant feasts filled with light, flavourful fish

"I love preparing this recipe so much!" chef Nokx Majozi says of his baked butterfish with herb crumb, below.

"One of my all-time favourite ways to enjoy butterfish is by baking it with a crispy herb crust. The fish is tender and flaky, and the herbs create such a beautiful, fragrant coating and a pleasant crunch.

"I love how simple yet elegant this dish is – perfect for when I want something light but flavourful.

"Whether it's a weekend family meal or a quick dinner on a busy weeknight, this baked butterfish always feels like a special treat.

"I like serving it with a fresh salad or roasted vegetables for a complete, satisfying meal."

Meanwhile, TV chef Nisha Katona says of her recipe for Goan fish curry, left: "I have used meaty monkfish in this dish as it keeps its form and can take well the South Indian spicing of curry leaves and mustard seeds.

"It also absorbs beautifully the fruity tang of the tamarind."

Baked butterfish with herb crumb

INGREDIENTS:
(SERVES 4)

- 60g unsalted butter
- 60g panko breadcrumbs
- Small bunch of parsley, chopped
- Small bunch of lemon thyme, leaves picked
- 1 lemon, zest and juice
- 35g Parmesan, finely grated
- 4 butterfish steaks – or black cod fillets
- 1 tbsp vegetable oil
- Sea salt and black pepper

METHOD:

1. Preheat the oven to 200C/Fan 180/400F/Gas Mark 6.
2. In a small pan over a low heat, add 30g of butter. Remove from the heat as soon as it has melted and leave to cool for a few minutes.
3. In a small bowl, mix the breadcrumbs, parsley, lemon thyme, lemon zest, Parmesan, the just-melted butter and a good pinch of pepper.
4. Season the steaks with a little salt on one side. Heat an ovenproof frying pan over a medium-high heat, add the oil and place the steaks seasoned side down into the pan.
5. Fry for about four to six minutes until there is a good colour on the underside of the fish, then take the pan off the heat.
6. Using a spatula, carefully turn over the fish so the cooked side is facing up and divide the breadcrumb mixture between the four steaks.
7. Place the pan in the oven for five minutes until the herb crust is golden. Transfer the fish on to individual plates.
8. Add the remaining 30g of butter and the lemon juice to the pan and use a wooden spoon to scrape up any toasted bits of fish and herb crust. Drizzle the lemon-butter sauce over the fish to serve.

- The South African Cook Book: Authentic flavour-packed recipes from Cape Town to Durban by Nokx Majozi is published in hardback by Bloomsbury Publishing, priced £26. Photography by Yuki Sugiura. Available now.

Goan fish curry

INGREDIENTS:
(SERVES 4)

- 1 tbsp lemon juice
- 1 tsp ground turmeric
- 600g monkfish tail, cut into 3cm pieces
- 4 tbsp vegetable oil
- ½ tsp mustard seeds
- 6-8 curry leaves
- 1 white onion, finely chopped
- ¼ tsp chilli powder
- ½ tsp ground coriander
- 300g coconut cream
- ½ tsp sugar
- 1 tsp salt
- 1 tbsp tamarind concentrate
- 2 tbsp chopped fresh coriander – stalks and leaves
- Rice, to serve

METHOD:

1. In a bowl, mix together the lemon juice and half of the turmeric. Add the fish pieces and gently toss to coat in the mixture, then cover and place in the refrigerator while you prepare the rest of the ingredients.
2. Heat the oil in a large, heavy-based pan over a medium high heat.
3. Add the mustard seeds and curry leaves and allow to crackle for 15 seconds, then add the onion and cook for six to seven minutes, or until starting to turn golden.
4. Add the remaining turmeric, along with the chilli powder and ground coriander and cook for two minutes.
5. Add the coconut cream along with 60ml water – or more if you prefer a saucier curry – and bring to the boil, then reduce to a simmer, add the marinated fish pieces and cook for 10 minutes.
6. Stir in the sugar, salt and tamarind concentrate, then taste and adjust the seasoning.
7. Finish with the chopped coriander and serve with rice.

- The Curry Bible by Nisha Katona is published in hardback by Penguin Michael Joseph, priced £28. Photography by Nassima Rothacker. Available now.